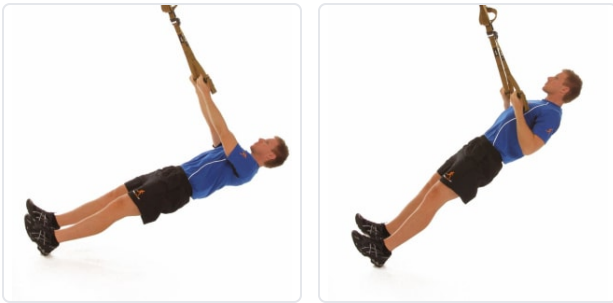


Terry's Workout Programme

Row With Suspension Trainer Using An Under Grip On Medium Incline



Description

- Hold a suspension trainer set at waist height with both hands facing you
- Lower your body by straightening your arms
- Keep your body straight and pull yourself up

Sets: 2

Reps: 12

Tempo: 2.1.2

Reverse Lunge With Suspension Trainer



Description

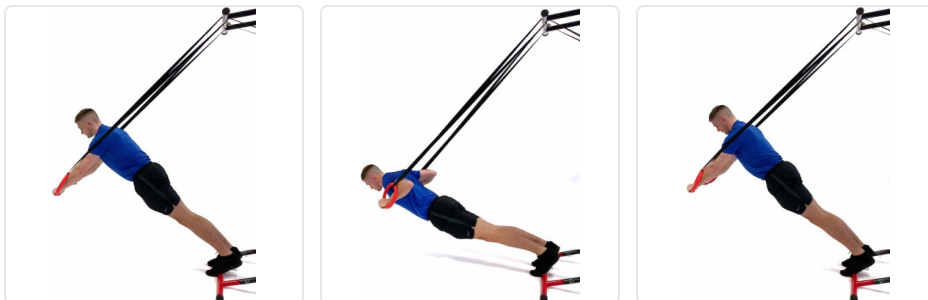
- Stand with a suspension trainer held in both hands
- Step back and lower into a lunge until your front thigh is parallel to the floor
- Drive the front hip forward into standing using your hands for support

Sets: 2

Reps: 12-15

Tempo: 1.1.1

Press Up with Suspension Trainer on Low Incline



Description

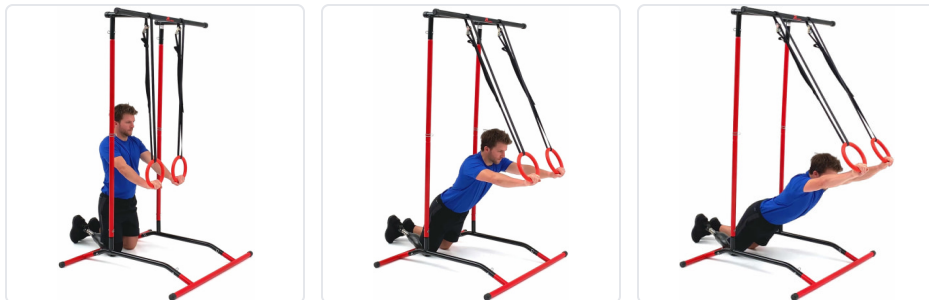
- Set up the suspension trainer so that it is fairly low to the ground
- Hold the handles in a press up position
- Lower the body to the floor with a straight spine
- Push the body up with good shoulder position

Sets: 4

Reps: 6

Tempo: 2.2.4

Roll Out With Suspension Trainer On Knees



Description

- Kneel, holding a suspension trainer with straight arms
- Push the arms forward, lowering your body down with a straight spine and hips
- Push the hands down with straight arms, raising the body to the start position

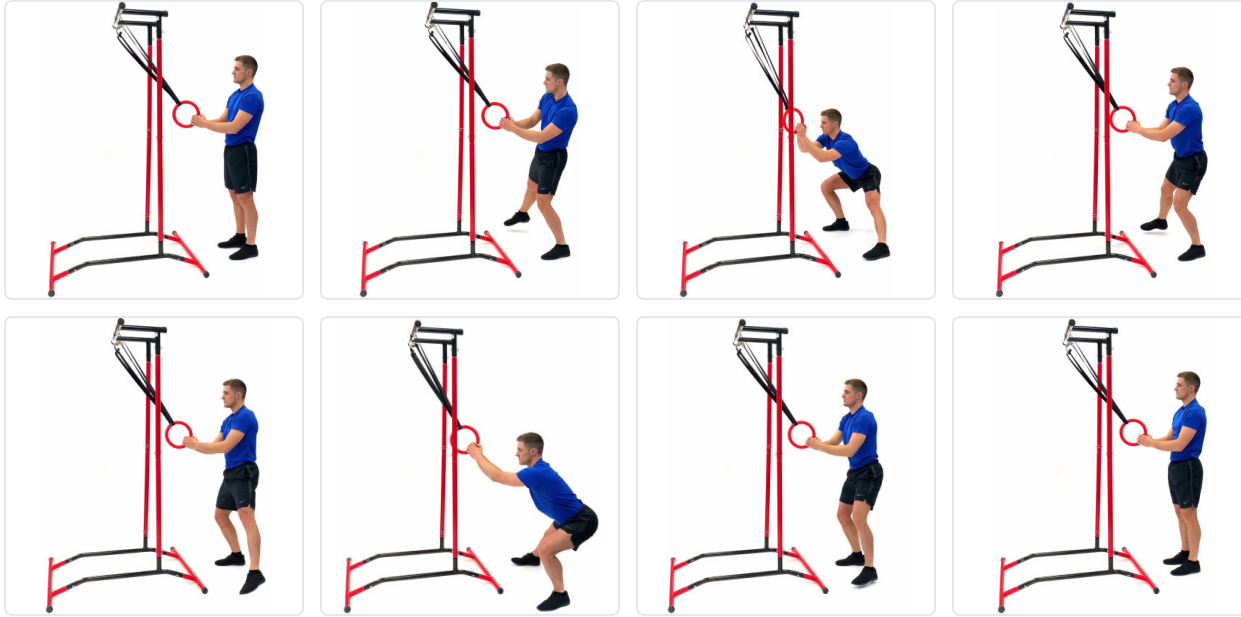
Sets: 4

Reps: 6

Tempo: 4.2.2

Hold: 2

Side Lunge and Pull with Suspension Trainer



Description

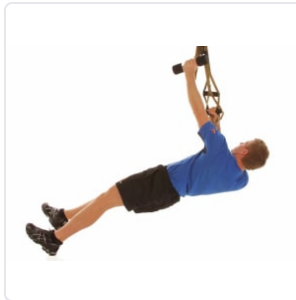
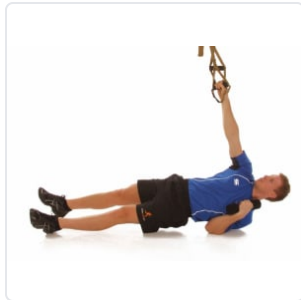
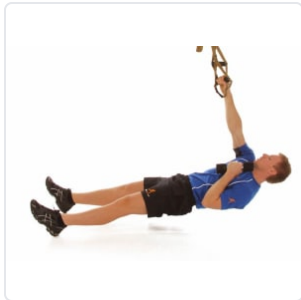
- Stand holding a suspension trainer in both hands
- Step to the side and lower your hips back into a lunge until your thigh is parallel to the floor
- Drive the hips up into standing using your hands for support

Sets: 2

Reps: 20

Tempo: 1.0.1

Single Arm Row and Dumbbell Punch with Suspension Trainer



Description

- Stand holding a suspension trainer with one hand at hip height and a dumbbell in the other hand
- Lower your body by straightening the arm
- Keep your body straight while pulling yourself up to the handle
- Rotate the body towards the handle and punch the dumbbell forward
- Lower the body down and the dumbbell to the shoulder

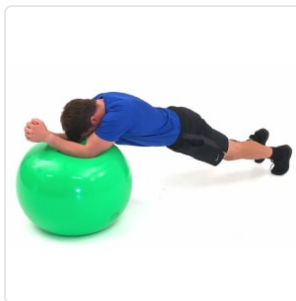
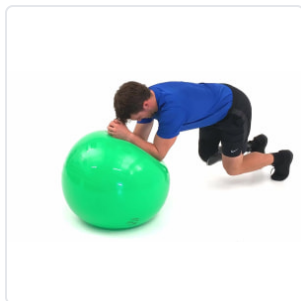
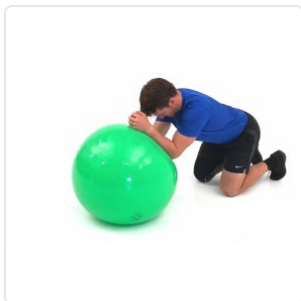
Sets: 4

Reps: 6-8

Weight: 2.5

Tempo: 2.2.2

Gym Ball Roll Outs On Gym Ball



Description

- Kneel with your forearms on a gym ball
- Roll the ball away from you to straighten your body
- Lower the knees to the floor to leave the plank position

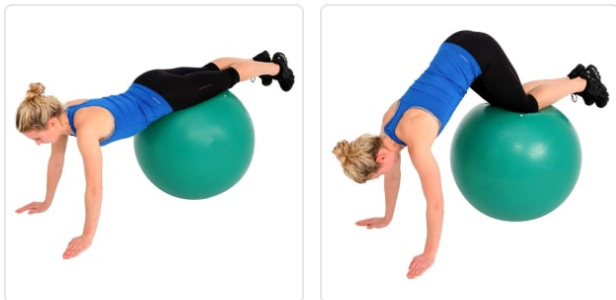
Sets: 1

Reps: 20

Tempo: 1.0.1.

Hold: 0

Gym Ball Roll Out And Knee Tuck



Description

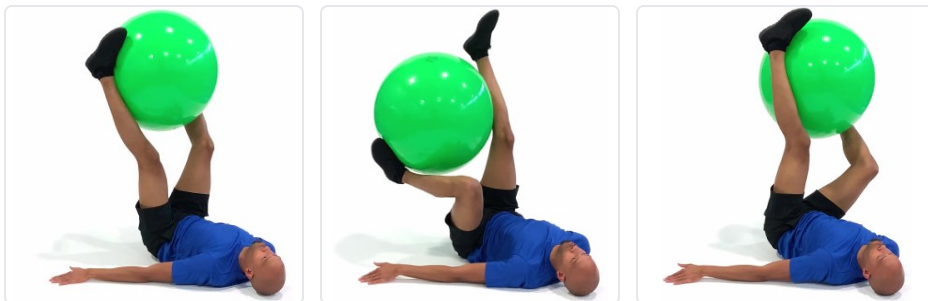
- Rest the thighs on a gym ball with hands in a press up position
- Push through the arms with good shoulder position and raise the hips up high
- Lower the thighs down onto the ball with good posture

Sets: 2

Reps: 20

Tempo: 1.0.1

Gym Ball Swissor Kick



Description

- Lie face up, squeezing a gym ball between the lower leg
- Raise the legs straight in the air
- Lower the legs to the floor, rotating the ball, aligning one leg on top of the other
- raise the ball up, then repeat the same in the opposite direction

Sets: 2

Reps: 15

Pyramids on Gym Ball



Description

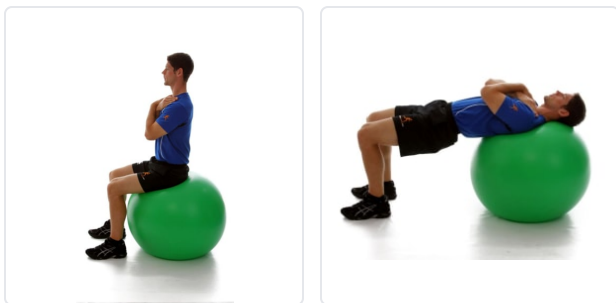
- Adopt the plank position with your forearms on a gym ball
- Pull through your stomach and hips to lift your hips in the air keeping your back relatively straight
- Lower to the start position so the body is straight

Sets: 4

Reps: 10

Tempo: 2.1.2

Bridge on Gym Ball



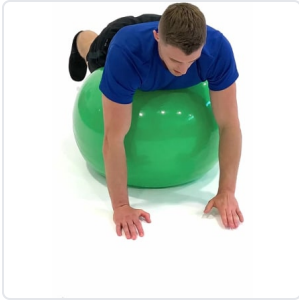
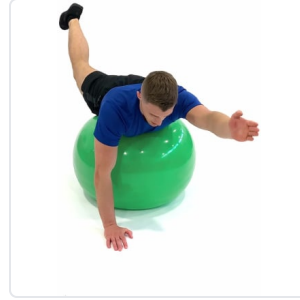
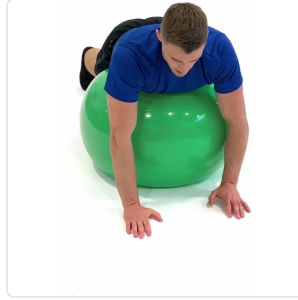
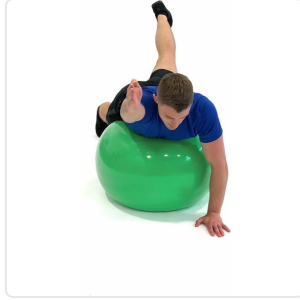
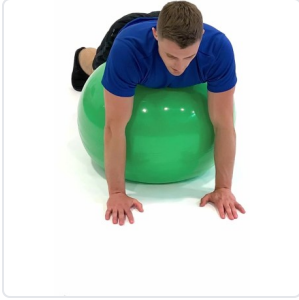
Description

- Sit on a gym ball and gain your balance
- Walk the feet forwards and lean backwards allowing the shoulders to rest on the ball
- Keep the hips high and hold for the prescribed time
- Walk the hips back and straighten the torso into sitting

Time: 30 seconds

Sets: 2

Superman on Gym Ball



Description

- Lie on your front over a gym ball with your hands on the floor
- Raise one arm forward and the opposite leg back keeping them straight
- Hold this position with good shoulder position then lower to the ground
- Repeat with the other limbs

Sets: 2

Reps: 20

Hold: 1

Tempo: 1.1.1.