

UNIVERSITY OF THE
WEST of SCOTLAND

UWS



UWS SPORT



Online Pre-recorded
Workout 3 Guidance Sheet

FITNESS STATEMENT

Before participation in any exercise program UWS recommends you consult with your doctor to ensure it is safe for you to take part.

If you choose to complete this video you do so at your own risk and acknowledge that participation in exercise carries a risk of injury, particularly if you have a history of health problems or previous injuries. If at any time you feel unwell or feel pain you should discontinue participation.

UWS takes no responsibility for your failure to follow this advice or for any injury or harm you sustain as a result of you taking part in these sessions.

Over the next few pages we have detailed session 3. The information provided will provide an understanding of the session and tips on how to complete the exercises.

GETTING READY TO EXERCISE

- Choose a ventilated room
- Clear a space before you start
- Have a water bottle to hand
- Wear some comfortable clothing & footwear that doesn't restrict your movement
- If you feel sick, dizzy or in pain, **STOP IMMEDIATELY AND REST**

WARMING UP

Warm up for 5 minutes and perform each dynamic movement below for approx. 20–30 seconds

- Shoulder Rolls
- Hips Rotations
- High Knees
- Heel Flicks

THE WORKOUT (3)

1. Explosive jumping jacks
2. Plank with hip rotations
3. Reverse Lunges
4. Side crunches – left
5. Squat kicks
6. Side crunches – right
7. T-press-ups
8. Wood choppers

BREAKDOWN OF EXERCISES

1. EXPLOSIVE JUMPING JACKS

1. Stand upright with your arms by your side and your feet around hip-width apart
2. Bend at your knees and jump up whilst stretching your legs and spreading your arms out and up into the shape of a star
3. Your feet should land wide apart and your arms stretched out, above your head
4. When your feet land, jump straight back up, reversing the move so that you land in the starting position
5. Repeat

Benefits: Functional exercise which strengthens your lower body and core

2. PLANK WITH HIP ROTATIONS

1. Weight should be on your hands and on your toes
2. Abs should be engaged at all times
3. Back should be flat with hips in line with shoulders
4. Twist your right hip towards the floor
5. Return to the plank position
6. Repeat on other side

Benefits: Core/Upper body strengthening

3. REVERSE LUNGES

1. Stand up straight with your legs hip width apart and core engaged
2. Take a large step back with your left leg
3. Shift your right knee to a 90 degree angle
4. Lower your left knee to a 90 degree angle at same time
5. Push through your right leg to raise back to starting position
6. Repeat on other side

Benefits: Lower body strengthening

4. SIDE CRUNCHES - LEFT

1. Start on your back on the floor with your hands behind your head, knees bent and feet flat on ground
2. Turn your legs to one side. With your knees remaining bent, turn at your waist and bring both of your legs to one side of your body
3. Lift your shoulders a few inches off the ground, squeeze abdominal muscles at the top for a few seconds and slowly release back down
4. Repeat

Benefits: Core conditioning

5. SQUAT KICKS

1. Stand with your feet shoulder width apart, with your toes pointing slightly outwards
2. Pushing your hips back first, bend your knees until your thighs are parallel with the floor
3. Drive up to start position, bring one leg off the ground and kick in front of you
4. Place foot back on ground, squat again, repeating on other side
5. Repeat

Benefits: Functional exercise which strengthens your lower body and core

6. SIDE CRUNCHES - RIGHT

1. Start on your back on the floor with your hands behind your head, knees bent and feet flat on ground
2. Turn your legs to one side. With your knees remaining bent, turn at your waist and bring both of your legs to one side of your body
3. Lift your shoulders a few inches off the ground, squeeze abdominal muscles at the top for a few seconds and slowly release back down
4. Repeat

Benefits: Core conditioning

7. T-PRESS-UPS

1. Weight on hands and toes, hands should be shoulder width apart
2. Keep body in straight line, do not drop hips and engage core
3. Bend elbows and lower yourself until elbows are at a 90 degree angle
4. Push back up through hands to start position
5. Take one hand off the ground and reach towards the ceiling, rotating the upper body until the body forms a T
6. Return to starting position & repeat

Benefits: Upper body and core conditioning

8. WOOD CHOPPERS

1. Stand straight with feet shoulder width apart
2. Rotate your torso to the right and raise both arms until they are over your shoulder
3. Squat as you rotate your torso to the left and bring your arms diagonally across the body until they reach your hip
4. Repeat on both sides

Benefits: Upper body and core conditioning

COOLING DOWN

Cool down for 3-5 minutes and perform each static stretch below for approx. 20-30 seconds

- Quadriceps stretch
- Hamstring stretch
- Abdominal and Lower Back stretch
- Shoulder stretch
- Tricep stretch

**WORKOUT COMPLETE
CONGRATULATIONS!**

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