

UNIVERSITY OF THE  
WEST of SCOTLAND  
**UWS**



# **UWS SPORT**



Online Pre-recorded  
**Workout 4 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 4. 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 (4)

1. Burpee
2. Reverse crunch
3. Donkey Kicks
4. Jump squats
5. Thrusters
6. Press ups
7. Bicycle crunch
8. Skaters

# BREAKDOWN OF EXERCISES

## 1. BURPEE

1. Stand with your feet shoulder-width apart, weight on your heels, and your arms at your sides
2. Push your hips back, bend your knees, and lower your body into a squat
3. Place your hands on the floor directly in front and just inside your feet. Shift your weight onto your hands
4. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels
5. Jump your feet back so that they land just outside of your hands
6. Reach your arms over head and jump
7. Land and immediately lower back into a squat
8. Repeat

**Benefits:** Functional exercise which strengthens your lower body and core

## 2. REVERSE CRUNCH

1. Lay on your back with your knees bent at 90 degrees and your feet flat on the floor. Keep your arms near your sides with your palms down
2. Lift your feet off the ground and raise your thighs until they're vertical. Keep your knees bent at 90 degrees throughout the movement
3. Tuck your knees toward your face as far as you can comfortably go without lifting your mid-back from the mat. Your hips and lower back should lift off the ground
4. Hold for a moment and slowly lower your feet back toward the floor until they reach the ground

**Benefits:** Core strengthening

## 3. DONKEY KICKS

1. On all fours position your hands under your shoulders and your knees under your hips
2. Keeping your hips square to the ground and your knees bent at a 90-degree angle, squeeze your glutes to lift your right foot towards the sky as if you are stamping the bottom of your shoe on the ceiling
3. Maintain a tight core and do not arch your back
4. Lower the leg back down and repeat

5. Repeat on the other side

**Benefits:** Core conditioning

## 4. JUMP SQUATS

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 your heels into the floor and jump using your arms to drive you upwards
4. Control your descent by bringing your arms back down and softening your knees when contacting the ground
5. Always keep the weight on the heels of your feet and keep the back in a neutral position
6. Repeat

**Benefits:** Functional exercise which strengthens your lower body and core

## 5. THRUSTERS

1. Lie on your back with your arms by your sides, your knees bent and your feet planted on the ground
2. Squeeze your glutes, press through your heels and drive your hips up so you form a straight line from your knees to your shoulders
3. Hold for a second at the top then lower slowly
4. Repeat

**Benefits:** Glutes and lower back development

## 6. 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. Repeat

**Benefits:** Upper body and core conditioning

## 7. BICYCLE CRUNCH

1. Lay flat on the ground with your hands behind your head, legs off the ground and knees bent at a 90 degree angle
2. Rotate your torso so you can touch your left elbow with your right knee
3. Rotate and repeat on the other side
4. Repeat

**Benefits:** Core conditioning

## 8. SKATERS

1. Start with your legs slightly wider than shoulder distance apart and arms at the sides
2. Bring one leg behind at a slight angle into a reverse lunge. The front knee will come to a 90 degree angle
3. Swing the arms in front of that bent knee and leap the back leg forward to switch sides in a skating motion, arms alternate as you switch sides
4. Repeat

**Benefits:** Functional exercise which strengthens your lower body and core

## 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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