

UNIVERSITY OF THE
WEST of SCOTLAND
UWS



UWS SPORT



Online Pre-recorded
Workout 1 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 1. 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 (1)

1. Burpee
2. Press up
3. Crunch
4. Lunge
5. Mountain climbers
6. Squat
7. Plank
8. Tricep dips

BREAKDOWN OF EXERCISES

1. BURPEE

1. Stand with your feet shoulder-width apart, weight in 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 of, 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. 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

3. CRUNCH

1. Start on your back on the floor with your hands behind your head, knees bent and feet flat on ground
2. With your knees remaining bent lift your shoulders a few inches off the ground, squeeze abdominal muscles at the top for a few seconds and slowly release back down
3. Repeat

Benefits: Core conditioning

4. LUNGE

1. Stand up straight with your legs hip width apart and core engaged
2. Take a large step forward 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 development

5. MOUNTAIN CLIMBERS

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. Draw one knee up to chest
5. Repeat quickly on other side

Benefits: Upper body and Core conditioning

6. SQUAT

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. With weight in heels drive back up to standing position
4. Always keep the weight on the heels of your feet and keep the back in a neutral position
5. Repeat

Benefits: Strengthens your lower body and core

7. PLANK

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

Benefits: Core/Upper body strengthening

8. TRICEP DIPS

1. Hands should be facing forward and on something which is secure and stable
2. Extend your legs and feet should be hip width apart with heels on ground
3. Lower body until your elbows are between 45-90 degrees
4. Slowly push yourself back up to the start position
5. Stand up straight with your legs hip width apart and core engaged
6. Extend arms out in front of you
7. Keep this position while you take a few steps forward and a few steps back
8. Repeat

Benefits: Upper body strengthening

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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