

UNIVERSITY OF THE
WEST of SCOTLAND

UWS



UWS SPORT



Online Pre-recorded
Workout 2 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 2. 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 (2)

1. Squat thrusts
2. Cross crunches
3. Lunge with rotation
4. Thrusters
5. Bodysaw
6. High knees
7. Leg raises
8. Reverse lunges

BREAKDOWN OF EXERCISES

1. SQUAT THRUSTS

1. Stand with the feet hip-distance apart
2. Lower into a crouching squat with your hands on the floor
3. Keeping the abs engaged, jump your feet back so you're in plank position
4. Keeping the arms straight, jump your feet forward behind the hands
5. Repeat

Benefits: Functional exercise which strengthens your lower body and core

2. CROSS CRUNCHES

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 and rotate your torso at

the same time, squeeze abdominal muscles at the top for a few seconds and slowly release back down

3. Repeat on both sides

Benefits: Core conditioning

3. LUNGE WITH ROTATION

1. Stand up straight with your legs hip width apart and core engaged
2. Take a large step forward with your left leg and at the same time rotate your upper body to the left
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 and core conditioning

4. THRUSTERS

1. Have 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

5. BODYSAW

1. Starting with weight on forearms and toes
2. Abs should be engaged at all times
3. Back should be flat with hips in line with shoulders
4. With a flat back, use your elbows to pull your body forward, then come back to your starting position. Keep your neck and spine in a neutral position
5. Repeat

Benefits: Upper body and core strengthening

6. HIGH KNEES

1. Stand up straight and place feet hip-width apart
2. Quickly drive your right knee up to meet your right hand, bring the same leg back to the ground immediately bring the left knee coming up to meet your left hand
3. Make sure you are engaging your abdominal muscles as each knee comes up to meet the hands
4. Repeat

Benefits: Functional exercise which strengthens your lower body and core

7. LEG RAISES

1. Lie on your back, legs straight and together
2. Keep your legs straight and lift them all the way up to the ceiling until your glutes comes off the floor
3. Slowly lower your legs back down till they're just above the floor. Hold for a moment
4. Repeat

Benefits: Core conditioning

8. 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

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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