Wellness unLAOISed

Level 2 - Intermediate Resistance Exercise Circuit

Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan this QR code to watch a 10-minute warm-up video.

Scan the QR code beside each exercise on this circuit to see a demonstration of the correct technique. To scan a QR code you need to open your camera on your phone/tablet/iPad and hold it close to the QR code. Tap on the box that appears "tap here to go to vimeo.com in your browser" to view the video.

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Resistance Exercises | Time 30-60 seconds

Wellness in LAOISed

Level 2

1. Forward Lunge with Turn
2. Low Plank to High Plank
3. V-Sit with Repeated Leg Press
4. Cross Balance Lunge
5. Pike Touch
6. Side Plank, Drop Elbow to Floor
7. Reverse Lunge
8. Donkey Kicks
9. Ab Crunch with Elbow to Opposite Knee
10. Back Extension

1. Forward Lunge with Turn

★

a

b

2. Low Plank to High Plank

a

b

3. V-Sit with Repeated Leg Press

a

b

★ Green star indicates that you must remember to work both sides of the body

Resistance Exercises | Time 30-60 seconds

Wellness un LAOISed

Level 2

4. Cross Balance Lunge

★

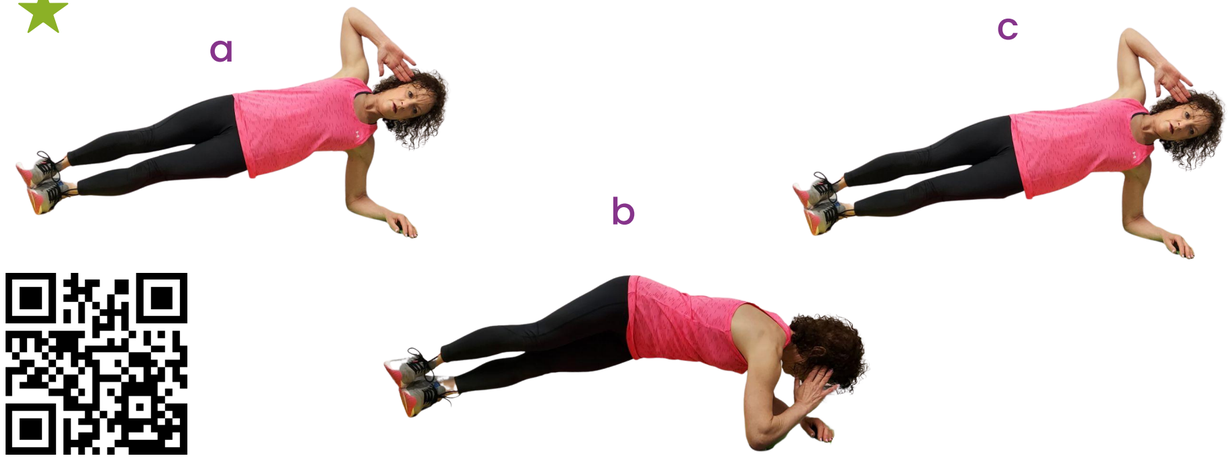
This is a front view

5. Pike Touch

★

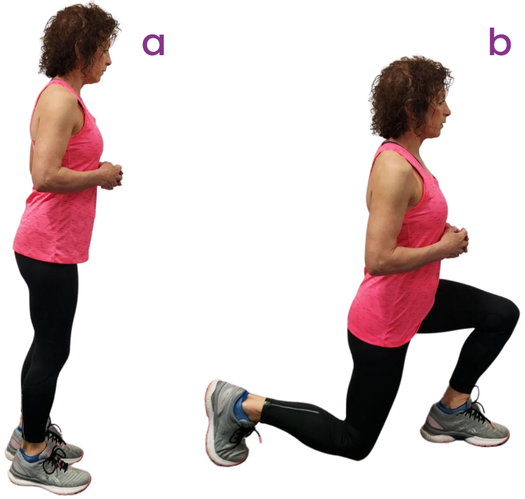
6. Side Plank, Drop Elbow to Floor

★



7. Reverse Lunge

★



★ Green star indicates that you must remember to work both sides of the body

Resistance Exercises | Time 30-60 seconds

Wellness unLAOISed

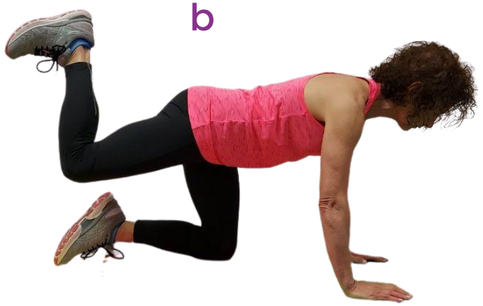
Level 2

8. Donkey Kicks

★

a

b



9. Ab Crunch with Elbow to Opposite Knee

★

a

b

c

d

10. Back Extension

a

b

★ Green star indicates that you must remember to work both sides of the body

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