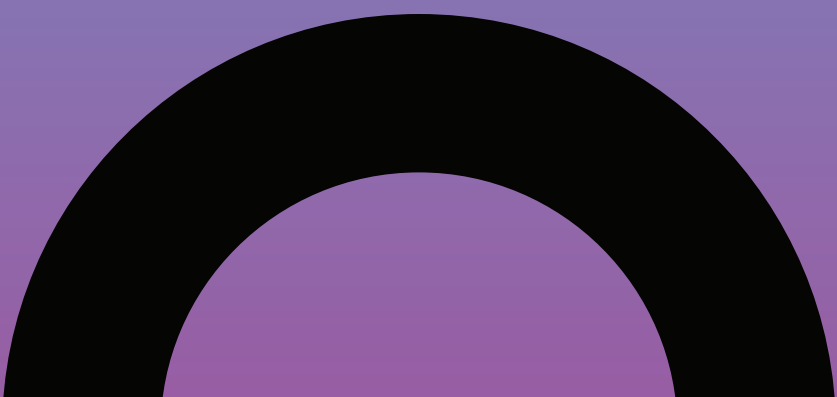


The logo for Solent University Southampton is centered at the top. It consists of the word "SOLENT" in a large, bold, white sans-serif font. Below it, the word "UNIVERSITY" is written in a smaller, white sans-serif font. A thin white horizontal line separates "UNIVERSITY" from the word "SOUTHAMPTON", which is also in a smaller, white sans-serif font. The entire logo is set against a blue circular background that is part of a larger white ring.

SOLENT
UNIVERSITY
SOUTHAMPTON

HOME BASED EXERCISE

Promoting a healthy life, body
and mind in the community

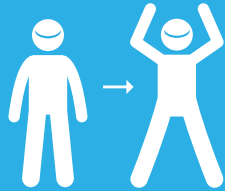
A decorative graphic at the bottom of the page features a large black semi-circle on the left, which overlaps with a solid purple semi-circle on the right. The background of the entire page is a gradient from light blue at the top to purple at the bottom.

JUMPING JACKS

This simple at home cardio essential is an excellent way to get your heart rate up quickly.

10 mins = 100 calories

1. Starting position: Stand straight with your feet together, arms fully extended by your sides.
2. Slightly bend your knees and push through the balls of your feet and then straighten and push your knees to jump up by spreading your legs hip wide apart.



3. While performing this raise your hands up and out smoothly until your hands meet above your head.
4. Final position: Return to the starting position by bringing your feet together and your hands down to your sides.

Repeat this without any pause for the desired amount of time.

SQUATS

Do this exercise for a minute or two straight and you won't have any doubts about how challenging it is. This exercise is great for toning your bum.

10 mins = 114 calories

1. Stand with your feet shoulder-width apart.
2. Start by bending your legs and pushing your bum out



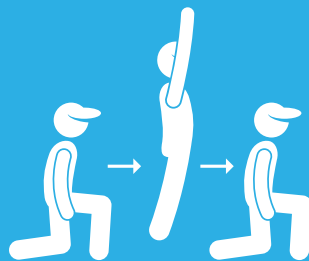
- backwards, keeping your chest and shoulders upright.
3. Bend your knees as far as comfortable, slowly straighten your legs and repeat.

JUMPING LUNGES

Lunges are a fantastic thigh toning exercise; add in the momentum required to jump up in between lunges and the move turns into an incredible calorie burner.

10 mins = 120 calories

1. Begin in a lunge position.
2. Jump up and quickly swap leg positions in mid-air, whilst keeping your torso straight.
3. Raise your hands to gain height.



4. Land in the lunge position bending your knees to absorb the impact.
5. Launch straight into the next jump switching your feet once more and landing in your original lunge position.

LUNGES

This tones the bum, thighs, and calf's, all while building coordination and balance.

10 mins = 64 calories

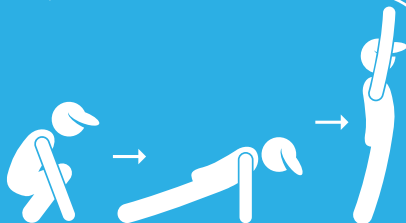
1. Stand with your feet together.
2. Step forward with your left foot and bend at both knees.
3. Make a 90 degree angle with both knees and then stand back up.



4. Step forward with your right foot and bend at both knees.
5. Make a 90 degree angle with both knees and then stand back up.
6. Repeat.

BURPEES

This at home cardio move tones your core, upper body and legs all at once



10 mins = 118 calories

1. Starting position: Get yourself in the standing position, with your hands by your sides and keep your feet shoulder's width apart.
2. Now, squatting down, put your hands down on the floor, with your palms touching the ground and placed right in front of your feet.
3. Lean forward towards the floor, stomach facing the ground such that, your legs are extended backwards to their full length.
4. Your Palms should be touching the ground and arms extended in a push up position.
5. Now, jump out your feet and spread them to an extent more than hip's width apart and then immediately jump back your feet to the same position.
6. Finish one full push up.
7. Now push your feet forward (jumping), bringing them behind your hands.
8. Final position: With a rigorous push to your heels, return to the original position.

PLANK

The plank targets your core but also requires upper body strength.

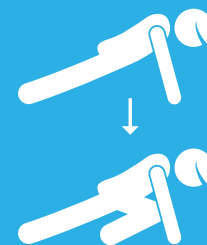
10 mins = 40 calories

1. Lie on your front with your feet together and fully extended.
2. Using your lower elbow and forearm, prop your body up, making sure to keep your abs tight the entire time. Your body should form a straight line from shoulders to feet.
3. Your bum should be kept at the same height as your shoulders.
4. Hold this position for as long as you can.



MOUNTAIN CLIMBERS

Mountain Climbers can feel like a punishment, but they truly are one of the best overall toning and fat burning moves out there that don't require a bit of equipment.

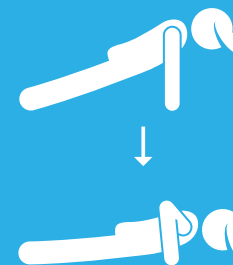


10 mins = 70 calories

1. Assume a press up position so your hands are directly under your chest at shoulder width apart with straight arms.
2. Your body should form a straight line from your shoulders to your ankles.
3. Lift your right foot off the floor and slowly raise your knee as close to your chest as you can.
4. Return to the starting position and repeat with your left leg.
5. Continue alternating for the desired number of reps or time.

PRESS-UPS

Press-ups are a total body exercise that are easily modified and can be made to be very challenging, even for the most avid exerciser.



10 mins = 57 calories

1. Lie on the floor face down and place your hands about 36 inches apart while holding your torso up at arm's length.
2. Next, lower yourself downward until your chest almost touches the floor as you inhale.
3. Now breathe out and press your upper body back up to the starting position while squeezing your chest.
4. After a brief pause at the top contracted position, you can begin to lower yourself downward again for as many repetitions as needed.

If you are new at this exercise and do not have the strength to perform it, you can either bend your legs at the knees to take off resistance or perform the exercise against the wall instead of the floor.

SIDE PLANKS

While this most specifically targets the outer thighs, oblique's, and deltoids, it requires the strength and coordination of the entire body to hold up the base side plank.



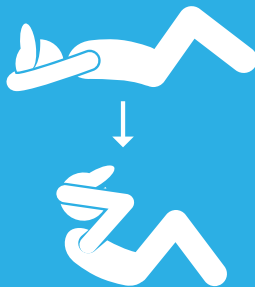
10 mins = 70 calories

1. Lie on one side with your legs stacked and fully extended.
2. Using your lower elbow and forearm, prop your body up, making sure to keep your abs

3. Hold for as long as you can.
- tight the entire time. Your body should form a straight line from shoulders to ankles.

CRUNCHES

Tone your core with this simple exercise.



10 mins = 57 calories

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Place your fingertips behind your ears.
3. Pull your shoulder blades back so your elbows are out to the side.
4. Brace your abs and then raise your body up towards your knees, shoulders should be lifted off the floor.

SUGGESTED ROUTINES

Routine 1

- Jumping Jacks x 20
- Squats x 10
- Lunges x 10
- Jumping Lunges x 10
- Burpees x 10
- Mountain Climbers x 30 seconds
- Push-up x 10
- Plank x 30 seconds
- Side Plank x 30 seconds each side
- Crunches x 10

Routine 2

- Jumping Jacks – 1 minute
- 30 seconds rest**
- Squats – 1 minute
- 30 seconds rest**
- Lunges – 1 minute
- 30 seconds rest**
- Jumping Lunges – 1 minute
- 30 seconds rest**
- Burpees – 1 minute
- 30 seconds rest**
- Mountain Climbers – 1 minute
- 30 seconds rest**
- Push-up – 1 minute
- 30 seconds rest**
- Plank – 1 minute
- 30 seconds rest**
- Side Plank – 1 minute
- 30 seconds rest**
- Crunches – 1 minute
- 30 seconds rest**



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