

Vital[®]

HOME EXERCISE GUIDE

Weight Management Programme



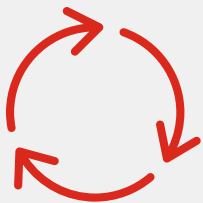
STRENGTH | IMPROVE MOBILITY | SUPPORT LONG-TERM WELLNESS

LOWER BODY



HOME BASED - NO EQUIPMENT

HOW TO USE THIS PROGRAM



Each circuit
**Repeat
3 times**



Complete the
recommended
reps for each
exercise



Perform 1-
2 times
per week



Rest 1 day
before
starting the
next program



These programs are designed for individuals with no specific injuries/musculoskeletal issues. If anything is causing pain, please stop and consult with a Biokineticist to assist you further.

LOWER BODY

3

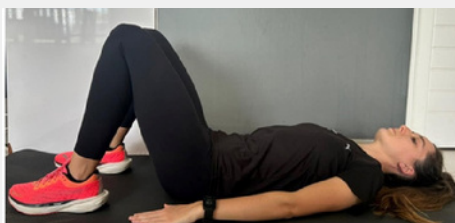
1 CORE ACTIVATION



HOLD
30 seconds

Pelvic tilt so that your back is flat on the mat. Gently pull belly button in to spine. Squeeze buttocks (glutes) together. Hold for 3 seconds then relax. Do not hold your breath.

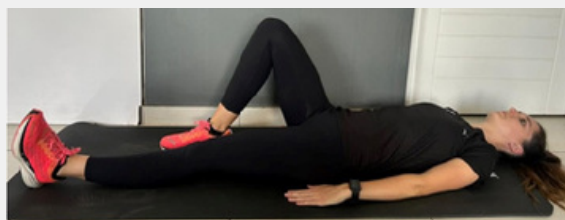
2 GLUTE BRIDGES



REPS
10

Repeat the above core activation. Lift up hips.

3 STRAIGHT LEG RAISES



REPS
10 / side

Push the knee down to the ground with a straight leg. Turn foot out to 45 degrees. Raise straight leg up and down.

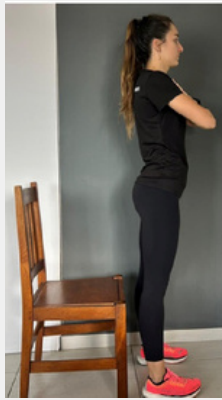
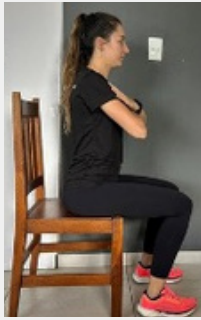
4 SIDE LEG RAISES



REPS
10 / side

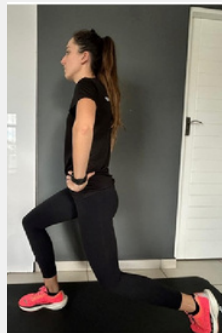
Lying on your side. Bottom knee bent for balance. Raise top leg up and down.

5

SIT TO STAND**REPS**
10

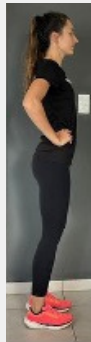
Arms across chest. Core activation. Stand up and sit back down.

6

STATIC LUNGE**REPS**
6 / side

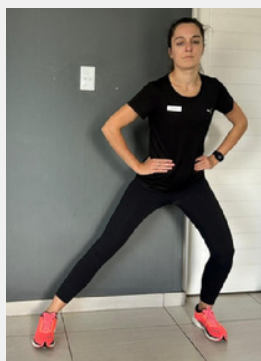
Start from kneeling position. Stand up straight from kneeling position and then slowly kneel down again. You can touch your knee to the ground.

7

STANDING HEEL RAISES**REPS**
10 / side

Raise heels up and down.

8

SIDE LUNGE**REPS**
8 / side

Step out to the side and bend one knee. Keep other leg straight and push back to center position. Repeat on same side then swop.

9

SINGLE LEG DEADLIFT**REPS**
8 / side

Step out to the side and bend one knee. Keep other leg straight and push back to center position. Repeat on same side then swop.

CORE



HOME BASED - WITH EQUIPMENT

HOW TO USE THIS PROGRAM



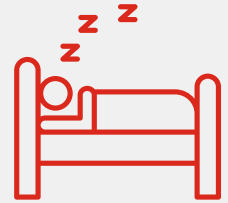
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1 CRUNCH



REPS
10 | **HOLD**
10 seconds

Core activation (as mentioned #1 in Lower Body Description). Hands behind head and small movement from chest, lift up. Breathe out as you crunch up.

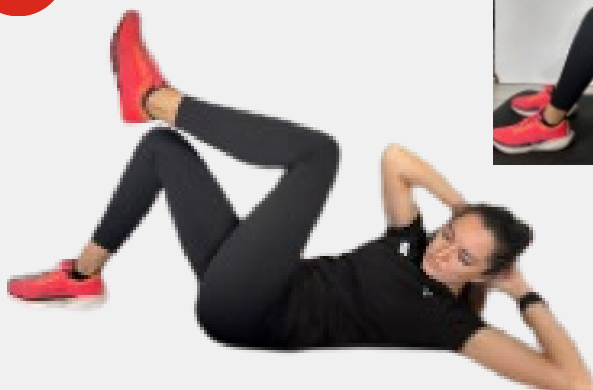
2 OBLIQUE CRUNCH (STATIC)



HOLD
10 seconds/side

Core activation. Left hand behind head, right hand on left knee at 90 degrees. Push hard into your knee - you are resisting yourself. Breathe. Repeat on other side.

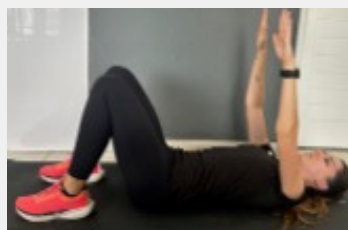
3 OBLIQUE CRUNCH (DYNAMIC)



REPS
8 / side

Core activation. Both hands behind head. Crunch up as touch one elbow to opposite knee. Breathe out as you crunch up. You can do one side at a time or alternate.

4 DEAD BUG



REPS
8 / side

Core activation. Drop opposite arm to leg. Alternate each repetition.

5

HEEL TAPS AT 90



REPS

8

/ side

Core activation. Feet up at 90 degrees. Tap one heel at a time to the ground, keep close to your body. Alternate..

6

MODIFIED SIDE PLANK



REPS

8

HOLD

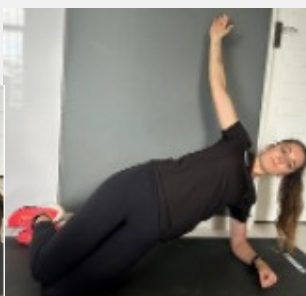
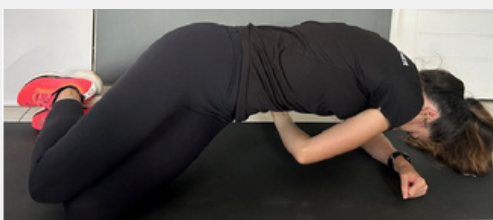
10

seconds

Elbow underneath shoulder with knees bent. Statically pull elbow in. Raise hips up and down.

7

MODIFIED SIDE PLANK & TUCK



REPS

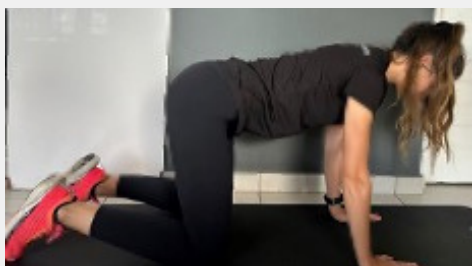
8

/ side

Elbow underneath shoulder with knees bent. Statically pull elbow in. Raise hips up. Tuck arm through the gap. Rotate the full trunk.

8

ALL FOURS BRIDGE



HOLD

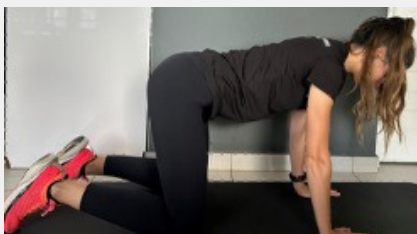
10

seconds

On hands and knees. Core activation. Statically pull wrist in towards knees. Breathe.

9

BIRD DOG



REPS

10

/ side

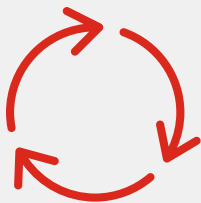
On hands and knees. Core activation. Raise opposite arm to leg. Alternate.

UPPER BODY



HOME BASED - WITH EQUIPMENT

HOW TO USE THIS PROGRAM



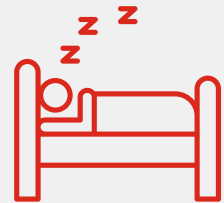
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UPPER BODY

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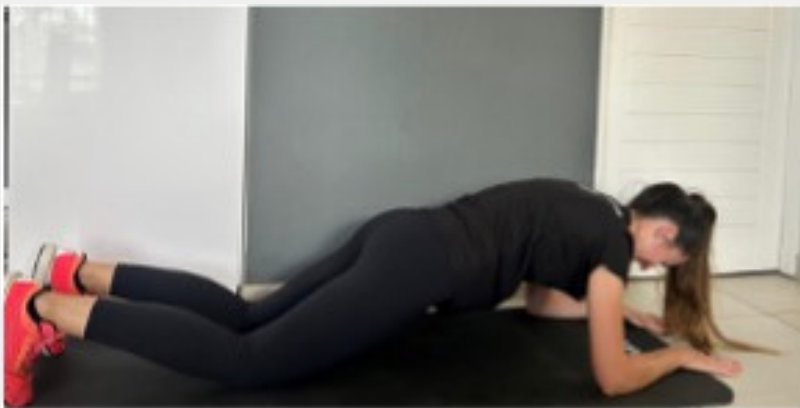
1 INCH WORM



REPS
5

stand at the end of your mat. As you bend to touch the ground, keep your legs as straight as possible. Then bend the knees as you kneel on the ground. Push yourself back up with your legs as straight as possible.

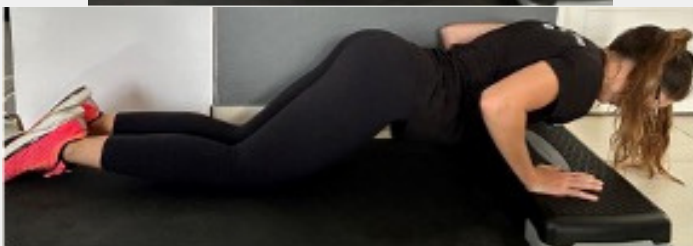
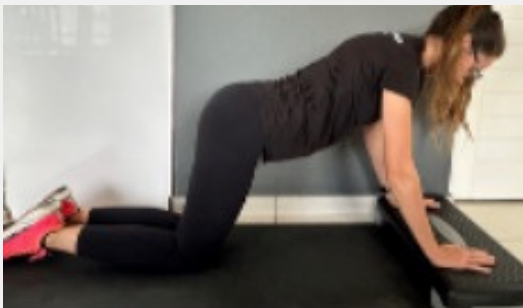
2 MODIFIED PLANK



HOLD
30 seconds

On your elbows and knees. Core activation. Staticly pull elbows in. Breathe.

3 MODIFIED PRESS UP ON STEP



REPS
10

knees with hands on small step. Core activation. Bend elbows and touch chest to step. Do not round your shoulders or arch your lower back.