



**Slimdown  
At Home:  
Session 1**



EXERCISE	DESCRIPTION	SETS	REPS
Push-ups	Kneel on the ground with hands underneath shoulders and knees behind your hips so that your back is straight and body weight is over your hands. Perform a push-up by lowering your entire body towards the ground. Your chest should be in line with your hands. Push yourself up into the starting position. Make sure you do not arch your back!	1	12-25
Squats	Standing with legs shoulder-width apart, bend your knees and extend you hips as if about to sit down. Don't let your buttocks drop below your knees and knees should not extend beyond toes. Stand up and repeat.	1	15-25
Tricep dips	These can be performed on a bench/chair. Hands must face you. Keep your body close to the bench. Lower your body by bending your elbows and then push yourself back up by straightening your arms. Try this exercise with bent legs, and if this is too easy, you can perform it with straight legs.	1	12-20
Lunges	Step forward with the first leg, keeping torso upright. Lower the body by bending the front and back knee. Back knee should almost touch the ground and front knee should not go beyond the front toes. Lift the body and push off with you front leg to return to the start position. Do 8-15 reps on each leg.	1	16-30
Cardio	Skipping/running on the spot/step-ups (if you have a step in your home/garden)	2	45-90 sec
<b>REPEAT THE ABOVE</b>			
Crunches	Lie on your back and start with hands on thighs. Reach hands to the top of the knees in a slow, controlled movement. Lower yourself down until shoulder blades touch the ground. Repeat.	1	20-40
Oblique crunches	Lying on your back, cross one leg on the knee and crunch up taking opposite elbow towards opposite knee. Do 10-20 each side.	1	10-20 each side
Side plank	Lying on your side, lift yourself up onto your elbow and side of your lower foot. Your other leg should be resting on top of your lower leg. Hold this position. If this is too tough, it can be performed on elbow and knee.	1	20-40s each side
Plank	Hold your own weight off the floor by resting on your elbows and toes, keeping body parallel to the floor. Be sure not to let your back arch or bum drop below elbows. If this is too tough it can be performed on elbows and knees.	1	30s-1min
Cardio	Skipping/running on the spot/step-ups (if you have a step in your home/garden)	2	45-90 sec
<b>REPEAT THE ABOVE</b>			

**Guidelines:** If you have not exercised in a long time, make sure that you choose the lowest number of repetitions to start with. Week 1 and 2 - once you have determined the right number of repetitions for you, stick to these for weeks 1 and 2. Week 3 and 4 - increase repetitions if you would like to further increase intensity.



**Slimdown  
At Home:  
Session 2**



EXERCISE	DESCRIPTION	SETS	REPS
Bicep curls (using resistance band or dumbbells)	Standing, with arms at your side and palms facing upwards, bring the dumbbells towards the shoulders. Make sure you keep your elbows at your side. Lower the weights slowly and repeat. If using a resistance band, stand on one side of the band and perform a bicep curl one arm at a time.	1	12-20
Single leg stand up	Seated on your bed or a chair, stand up with one leg only, then slowly lower yourself down again and repeat. Perform 6-10 one each leg.	1	6-10 each leg
Reverse crunches	Lie on your back with legs facing up towards the ceiling. In a controlled manner, lift your bum off the floor and lower slowly, keeping legs as still as possible. Lower and repeat.	1	10-20
Small Hops	Find a line in your house (between tiles or between a mat and the floor). Jump with both legs forwards and then backwards. Do small, quick jumps keeping your knees bent.	1	45-90 sec
<b>REPEAT THE ABOVE</b>			
Lateral Raises (using resistance band or dumbbells)	Standing with dumbbells in both hands resting at your side - palms facing your side. Raise the dumbbells to shoulder height and lower slowly and repeat. If using a resistance band, stand on one side of the band and perform a lateral raise with one arm at a time.	1	12-20
Bridging	Lie on your back on the floor with arms at your side. Rest your feet on the edge of a couch or low bed. Slowly raise your bum off the floor, squeezing your glutes. Hold for 5 seconds and then lower and repeat.	1	12-20
Bicycle crunches	Lie face-up with hands behind your head. Lift your legs, head and shoulders as you bring your right knee in and rotate your left shoulder towards it. Straighten the right leg as you bring your left knee in and rotate the opposite shoulder towards it.	1	10-20 each side
Foot taps	Using a small step or raised box, alternate kicking each leg forward toward the step/box.	1	45-90 sec
<b>REPEAT THE ABOVE</b>			
90 degree crunches	Start with feet of the ground - knees and hips bent at 90 degrees. Hands resting lightly behind your head, crunch up in a slow movement. Lower yourself down until shoulder blades touch the ground and repeat.	1	15-30
Plank	Hold your own weight off the floor by resting on your elbows and toes, keeping body parallel to the floor. Be sure not to let your back arch or buttocks drop below elbows. If this is too tough it can be performed on elbows and knees.	1	30s-1min
Cardio	Skip/run on the spot/step-ups (if you have a step in your home/garden)	2	45-90 sec
<b>REPEAT THE ABOVE</b>			

**Guidelines:** If you have not exercised in a long time, make sure that you choose the lowest number of repetitions to start with. Week 1 and 2 - once you have determined the right number of repetitions for you, stick to these for weeks 1 and 2. Week 3 and 4 - increase repetitions if you would like to further increase intensity.



**Slimdown  
At Home:  
Session 3**



EXERCISE	DESCRIPTION	SETS	REPS
Squat & shoulder press (using dumbbells)	If you don't have weights a litre bottle or bag of potatoes. With legs shoulder-width apart, bend your knees and extend your hips as if about to sit down. Don't let your bum drop below your knees and knees should not extend beyond toes. As you stand up, push the weights above your head. Repeat.	1	12-20
Ankle taps	Lying on your back in the crunch position but with arms at your side. Alternate reaching from one ankle to the next - keeping your the shoulders off the ground.	1	20-40 each side
Happy feet	Find a line in your house (between tiles or between a mat and the floor). Use this line to step over one foot at a time and then backward, one foot at a time. Repeat this, trying to go as fast as you can!	1	45-90 sec
<b>REPEAT THE ABOVE</b>			
Lunge & bicep curl (using dumbbells)	Start with one foot in front of the other holding the dumbbells in your hands. Drop the back knee to just above the ground and at the same time perform a bicep curl. Make sure the knee of your front leg does not go beyond the front foot. As you straighten, lower the weights to your side and repeat. Do 8-15 reps on each leg.	1	16-30
Straight leg crunches	Lie your back, legs straight pointing to the ceiling. Hands resting lightly behind your head, crunch up in a controlled movement. Lower yourself down until shoulder blades touch the ground. Repeat.	1	40
Running on the spot	1/3 high knees, 1/3 butt kicks, 1/3 sprinting on spot	1	45-90 sec duration
<b>REPEAT THE ABOVE</b>			
Rows (using resistance band or dumbbells)	Standing with feet shoulder width apart and dumbbells in your hands, bend slightly at the hips, keeping back straight. Start with straight arms in front of you, dumbbells in line with chest. Bend both elbows bringing dumbbells towards the chest, squeezing shoulder blades together. If using a resistance band sit on the floor with your legs and back straight. Wrap the band around the feet, holding the ends in your hands. Pull the band by bending your elbows and bringing your hands towards your chest.	1	12-20
Reverse crunches	Lie on your back with legs facing straight up towards the ceiling. In a slow, controlled manner, lift your bum off the floor and lower slowly, keeping legs as still as possible. Repeat.	1	10-15
Punching	This can be done with no weights, or you could hold light weights (1-2kg) in your hand, while alternating quick punches with left and right arm.	1	45-90 sec duration
<b>REPEAT THE ABOVE</b>			
Back extensions	Lying on your stomach, with your forehead resting on the back of your hands. Slowly lift your upper body of the floor, hold for 2-5 seconds and lower. Please avoid this exercise if you have a back injury.	1	15-30
Side leg raises	Lying on your side with your body in a straight line, raise your top leg. Your foot should be flexed, leg should be slightly behind your body but do not arch your back! Hold for 2 seconds and lower.	1	15-30 on each leg

**Guidelines:** If you have not exercised in a long time, make sure that you choose the lowest number of repetitions to start with. Week 1 and 2 - once you have determined the right number of repetitions for you, stick to these for weeks 1 and 2. Week 3 and 4 - increase repetitions if you would like to further increase intensity.