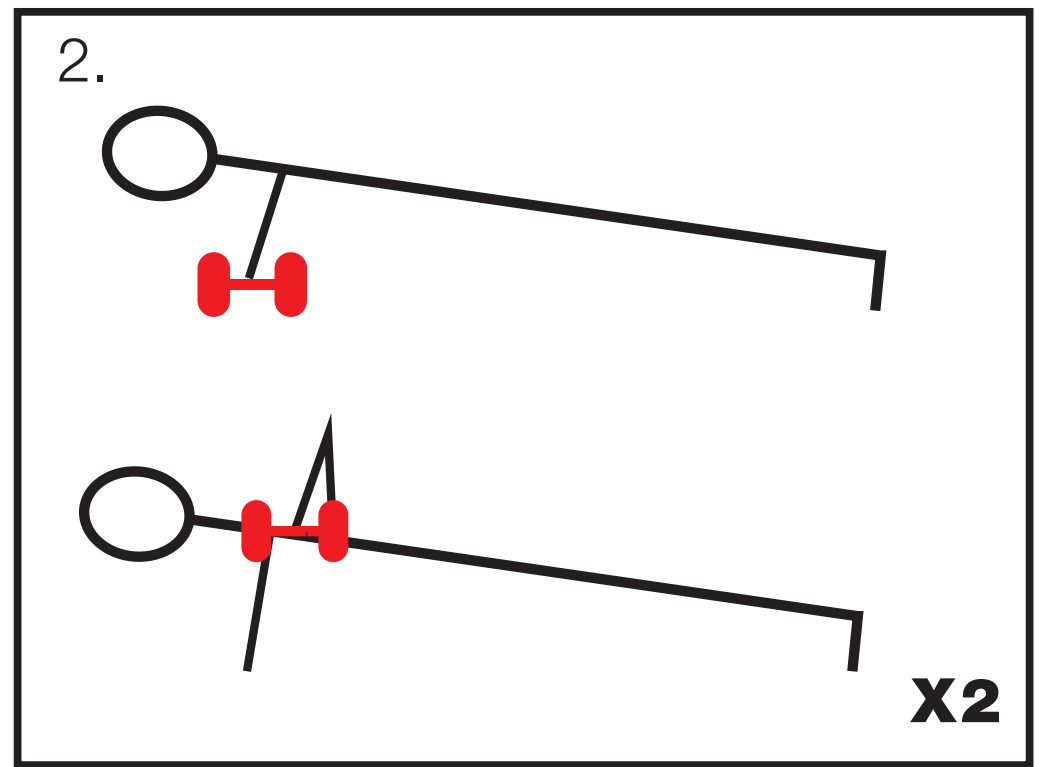
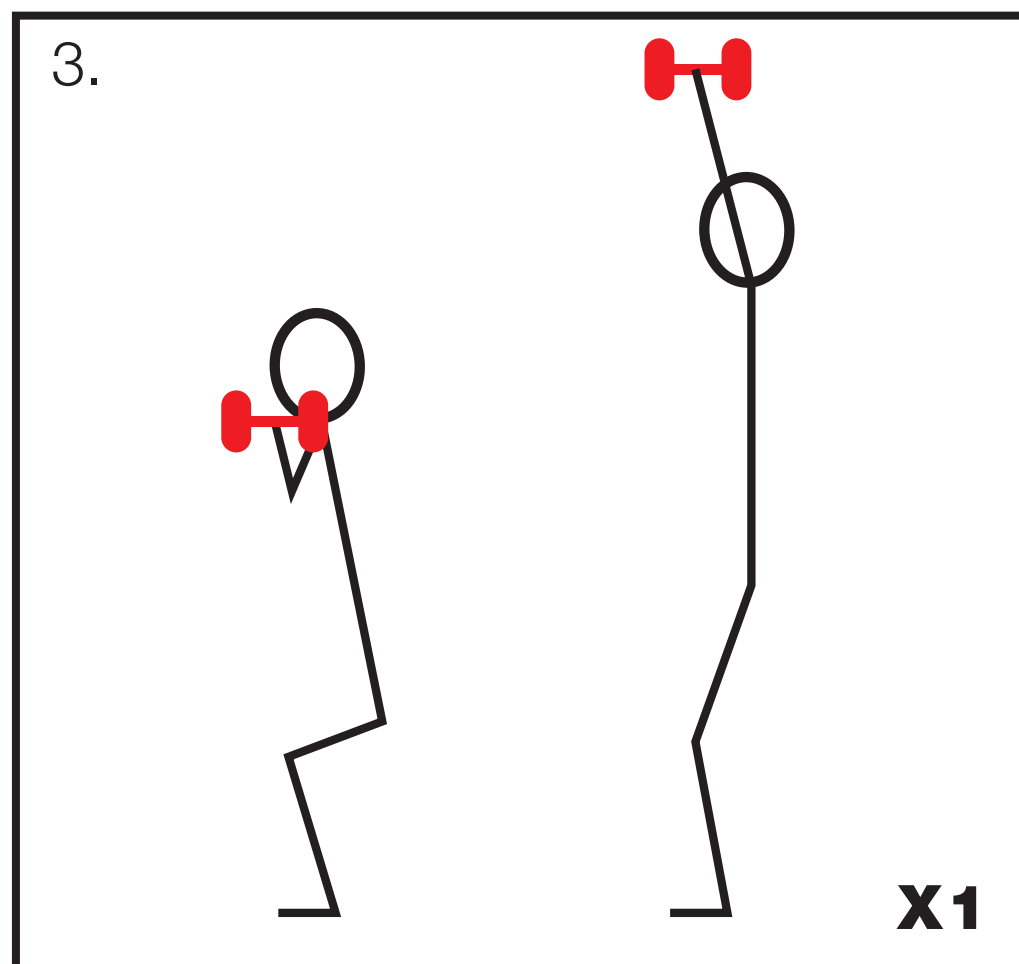


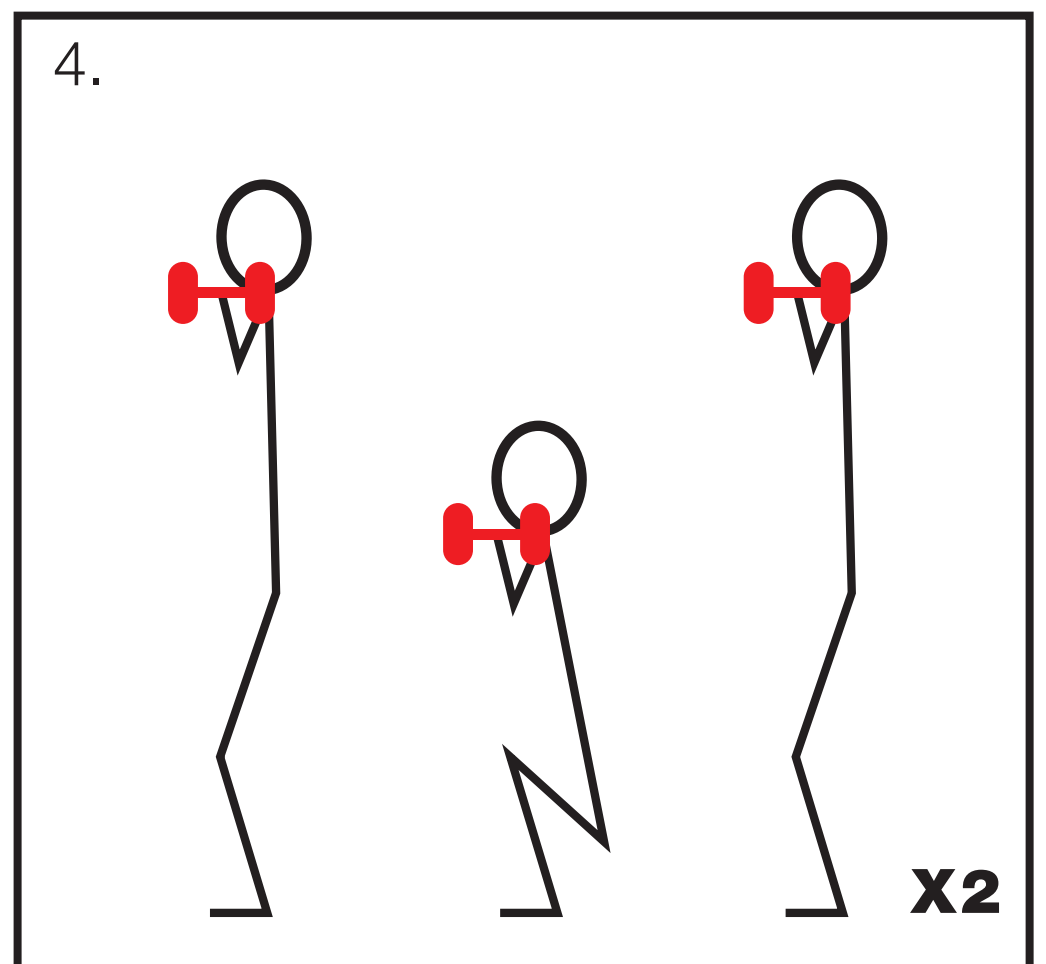
Push up position.
2x pushups holding dumbbells.



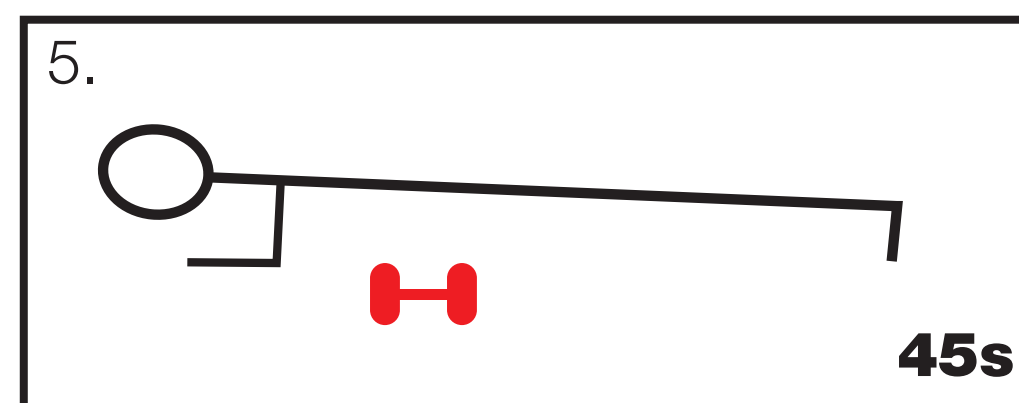
In push up position.
2x rows with each arm, with dumbbells.



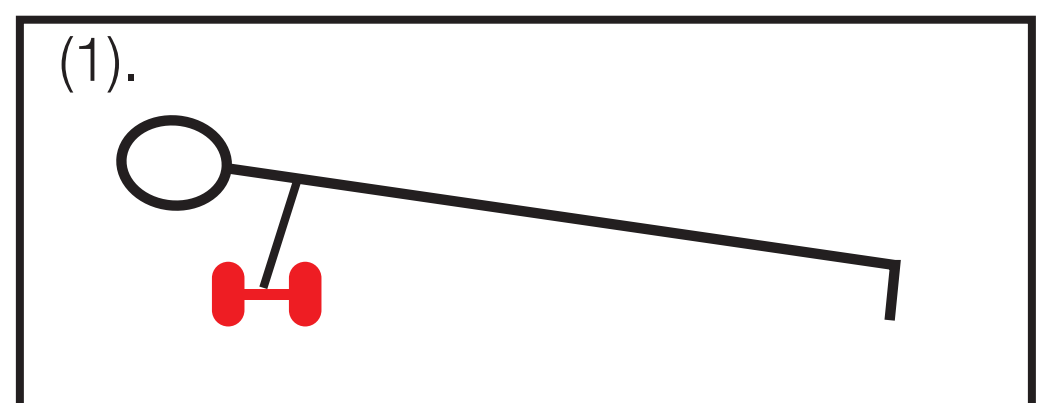
From push up position move up to standing position and do 1x shoulder press with dumbbells - Both arms at once.



Then go into 2x squats - holding dumbbells close to body at shoulder height. Do full squat if able.



Back down to push up position. Put dumbbells to side. Go down onto Elbows into plank position. Hold for 45 seconds.



Then back to push up position holding dumbbells, returning you to step 1 position. **This is one Rep.**

Now Repeat steps 1-5 x 3 times. This is one Set.

Rest for 30-45 seconds then do another set. Then rest and repeat.

The aim is to do 3 sets in total.

Progression - Increase weight. Increase sets. Reduce rest time. Increase time of plank. (1 min, 2 min etc..)

Regression - Decrease weight down to just body weight if needed. Increase rest time. Decrease time of plank. (15 Seconds).