



Contact

Scott Donovan Dip P.T.
Jessica Donovan N.D.

Phone: 0430 390 807

www.bounceoptimumhealthandwellbeing.com
info@bounceoptimumhealthandwellbeing.com

Stay Fit Program

This 30min. circuit program should be performed with each exercise being done one after the other with no breaks. Each exercise should be done with reps of 15 or for 30secs each, with the whole program being done three times through.

5 minutes: treadmill, skipping or walking on the spot swing arms in marching action.

Push Up

Arms shoulder width and a half apart inline with shoulders belly button into spine.



Leg Squats

Feet hips width and a half apart, push hips back going into seated position. Don't let knees pass over toes or bend less than a right angle 90degrees



Or Modified Push Up

As above but drop knees to floor

Tricep Dips

Place hands behind you on a bench or bed knuckles pointing forward. Lower the body with elbows staying in line with shoulders.

Abdominal Crunch

Legs hips width apart knees bent feet flat on the floor.



Lying Back Raises

Lying face down heels together toes pointed away. Place finger tips behind the ears, raise chest of the ground.



Or Opposite Arm Leg Raise

As above, but arms out straight lifting opposite arm to leg.



Lunges

Start with legs together, step forward with one leg, lower body with hips straight, don't let the knee of the front leg go past the toes.

