

DO YOU WANT TO EXERCISE AT HOME? HERE ARE SOME OPTIONS THAT WILL GET YOUR HEART PUMPING, GET YOU FIT AND HEALTHY AND YOU WILL LOOK AFTER YOUR BODY AT THE SAME TIME.

Choose from the videos listed below. Remember all exercise is done at your own risk – so choose an option that suits your ability and have fun.

Sam Woods Exercise Videos:

What's helpful about Sam's 28 minute follow-along videos is that there's an on-screen timer that counts down each set of repetitions and then counts down your rest time while the next exercise is explained and demonstrated. He gives clear cautions regarding correct/incorrect technique. There are two beginner workouts and two intermediates. There are advanced ones too - on Sam's YouTube channel under 'videos'. Enjoy.

1. **Beginner Absolute Power:**

https://www.youtube.com/watch?v=3ySrY5PA1bU&t=238s&ab_channel=SamWoodTV

This program consists of: Resistance Boxing Jabs, Resistance Squats, Bridge with Lat Pull, Jack-Knife Sit Ups, Chair Step with Resistance Right, Chair Step Up with resistance Left, Long Jump Run Around.

2. **Beginner Eye of the Tiger:**

https://www.youtube.com/watch?v=Fhgi6 IEOTE&t=1495s&ab_channel=SamWoodTV

This program consists of: Deep Mountain Climbers into Lunge Hold, Full Sit Ups, Resistance Squats, Resistance Clean & Press Left, Resistance Clean & Press Right, Resistance Boxing Upper Cuts, Deep Sumo Squats & Hold for 3.

3. **Intermediate Absolute Power**

https://www.youtube.com/watch?v=XKRbU fkgal&t=1485s&ab_channel=SamWoodTV

This program consists of: Resistance Boxing Jabs, Resistance Squats, Bridge with Lat Pull, Jack-Knife Sit Ups, Chair Step with Resistance Right, Chair Step Up with resistance Left, Long Jump Run Around.

Intermediate Eye of the Tiger:

https://www.youtube.com/watch?v=q1x3 QEMfxw&t=1527s&ab_channel=SamWoodTV

This program consists of: Deep Mountain Climbers into Lunge Hold, Full Sit Ups, Resistance Squats, Resistance Clean & Press Left, Resistance Clean & Press Right, Resistance Boxing Upper Cuts, Deep Sumo Squats & Hold for 3.

Below is a variety of different exercise programs lasting about 30 minutes or more.

- This exercise program is good for people who have lower back pain and/or knee pain.
<https://www.youtube.com/watch?v=QG4L80IZZKE>
- This program is a 40-minute Cardio/HIIT workout focused on calories burn for everyone, especially those with knee pain.
<https://www.youtube.com/watch?v=QAUmVQQ9QCs>
- This program is a 5- minute cardio workout with warm up and cool down.
<https://www.youtube.com/watch?v=3WJcBrlx6pY>
- This program is a 35-minute knee friendly strength and cardio workout that includes chair work.
<https://www.youtube.com/watch?v=bdSEN9TTxzM>

The following is a nice and gentle set of Pilates exercises that will help if you have poor knee strength and suffer a bit of lower back pain. This one is great for general flexibility.

<https://www.youtube.com/watch?v=v3db3IE19CY>