14 Day

Effortless Exercise Programme

Welcome to the effortless workout guide....

The workout is broken into three days of strength training and three days of core & cardio circuit training. **Complete up to three rounds of the circuit** (follow the workout videos I have provided). You can follow the workout table here below for the next two weeks or do your own exercise.

This training program will be suitable for beginner fitness levels, and even more advanced exercisers. I've also designed this to be quick and efficient should you have to travel for work and only have small spaces available.

Note that walking is a fantastic exercise because it reduces stimulation if you are very stressed.

If you are at the crashed level of adrenal dysfunction, walking, light biking or stretching would be the only exercise I would recommend. Sleep would actually be the most important thing to focus on.

Strength	Monday	Wednesday	Friday
Push Ups	30 seconds	30 seconds	30 seconds
Squats	30 seconds	30 seconds	30 seconds
Calf Raises	30 seconds	30 seconds	30 seconds
Lunges	30 seconds	30 seconds	30 seconds
Crunches	30 seconds	30 seconds	30 seconds
Back Extension	30 seconds	30 seconds	30 seconds
Tricep Dips	30 seconds	30 seconds	30 seconds
Hip Raises	30 seconds	30 seconds	30 seconds

Core & Cardio	Tuesday	Wednesday	Saturday
Jumping Jacks	30 seconds	30 seconds	30 seconds
Marching/High Knees	30 seconds	30 seconds	30 seconds
Front Kicks	30 seconds	30 seconds	30 seconds
Plank	30 seconds	30 seconds	30 seconds
Side Plank	30 seconds	30 seconds	30 seconds
Hydrants	30 seconds	30 seconds	30 seconds
Boxing Uppercuts	30 seconds	30 seconds	30 seconds
Boxing Straight Punches	30 seconds	30 seconds	30 seconds

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Stretching Guide (Print Off)

*Hold each stretch for a count of 20. Inhale through your nose and breathe out through your mouth. This will help you to relax during the stretch and increase your oxygen uptake. Use this stretching guide as a quick reference.

Inner thigh: Drop to one side. I'm stretching my right leg here. Feel the stretch up the inner thigh area.

Calf stretch: Drop your ankle down. Use a raised surface like a step or door frame.

Hamstrings: You can do this as shown or kneel on the ground. Point your toes forward and reach for your toes. Feel this up the back of your leg.

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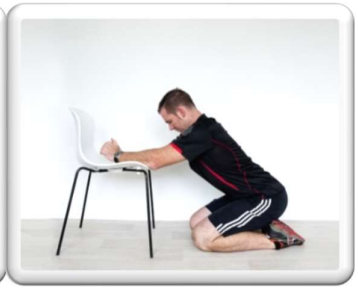
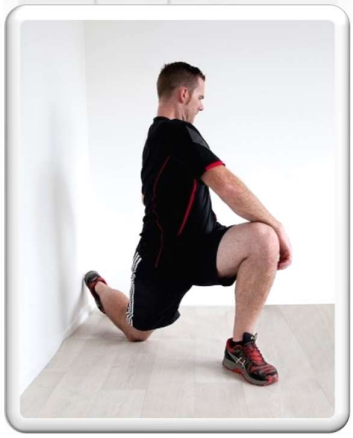
High Knee Pull: Pull your knee across to your opposite shoulder. At the same time pull your ankle up to your opposite shoulder. Feel this in your backside. You can also do this lying on the ground.

Thigh/Quad Stretch: Pull one leg up behind you. Feel the stretch up the front of the thigh. If you cannot reach behind you to pull on your thigh use the quadruped stretch below.



Quadruped Stretch: Sit next to a chair (optional) and slow drop your hips toward your ankles. The chair is handy to control the amount of pressure you put on your knees.



Hip Flexors: Start in a half kneeling position. Drop your hips forward and keep your back straight. I'm stretching my right hip here. Feel the stretch where your front hip pocket is located.

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Neck Stretch: Couple your hands together behind you and push your hands toward the ground. At the same time tilt your head to one side. You should feel the stretch down the side of your neck. Repeat on the other side.

Tricep Stretch: Pull on your elbow with your opposite hand as shown. Feel the stretch in the tricep area (top of the arm being stretched).

Side Stretch (Lats): Interlock your hands above your head and tilt your upper body to one side.

Chest/Bicep stretch: Best done using a door or window frame as pictured. Hold onto the frame and turn your body away from the frame/door. This opens the chest area up and you'll feel a stretch in the bicep too.

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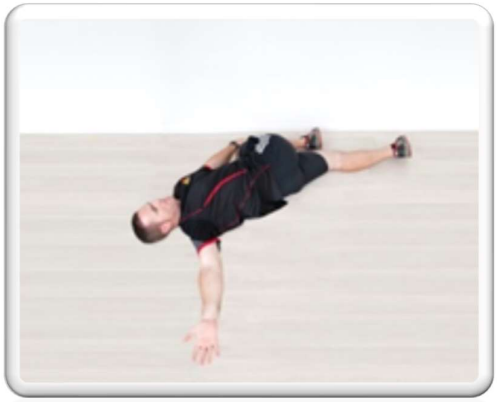
Shoulder Stretch: Pull one arm across your body. You should feel a stretch at the top of your arm. In the picture here I'm stretching my right arm.



Lying Rotation: Lie on your back on the floor with your legs out straight. With your left hand pull your right knee across your body and towards the floor. Keep your left leg out straight. Now try and keep your right shoulder pinned to the ground as best as possible. You will feel a stretch in your chest, your backside and even your lower back.

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