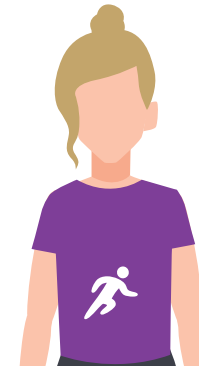


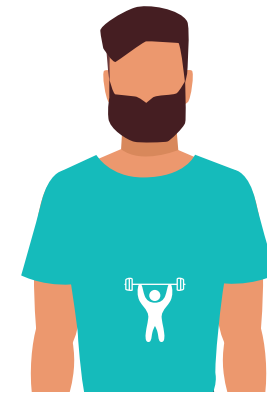
Circuits Card Workout

Before beginning, read the **Building Healthy Habits - Exercise information booklet**.

In this circuit card workout, there are three categories of exercises:



Endurance



Strength



Flexibility

Design your own workout routine by picking some of these cards, for example:

Beginner:

Warm up. Pick **1 endurance**, **1 strength**, **1 core** and repeat these exercises one after another 1–3 times. ***Cool down**.

Intermediate:

Warm up. Pick **1 endurance**, **2 strength**, **2 core** and repeat these exercises one after another 2–4 times. ***Cool down**.

Advance:

Warm up. Pick as many exercises from the workout category as you like and repeat the circuit as many times as you like. ***Cool down**.

*Choose a number of repetitions (reps), or length of time, that allows you to keep a steady pace and good form for the entire time that you are doing the exercise.

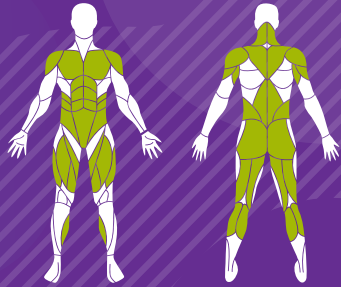
Remember:

- always do a **warm up** before your main work out to get your body ready for exercise.
- always do a **cool down** after your main workout to bring your body back to a resting state and promote recovery.
- the **flexibility** exercises are performed **after** you have completed your main workout as part of the **cool down**, to minimise the risk of injury.

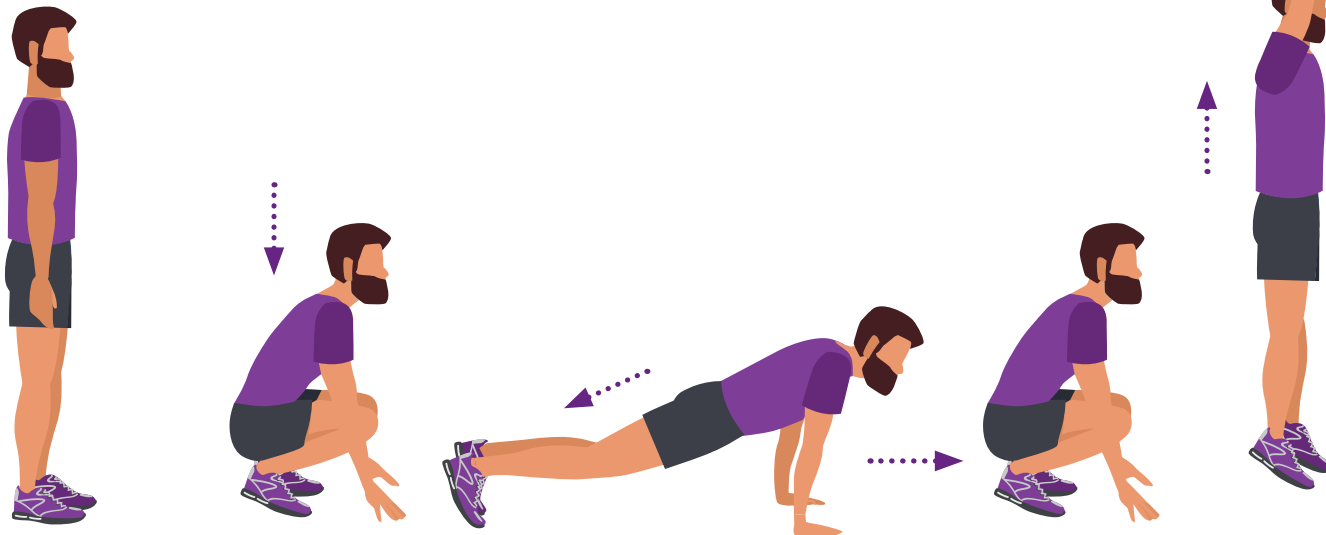
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Endurance Burpee

E1



5–15 reps or time yourself for
30 seconds–1 minute, 3 sets
Modify as needed.



Benefits

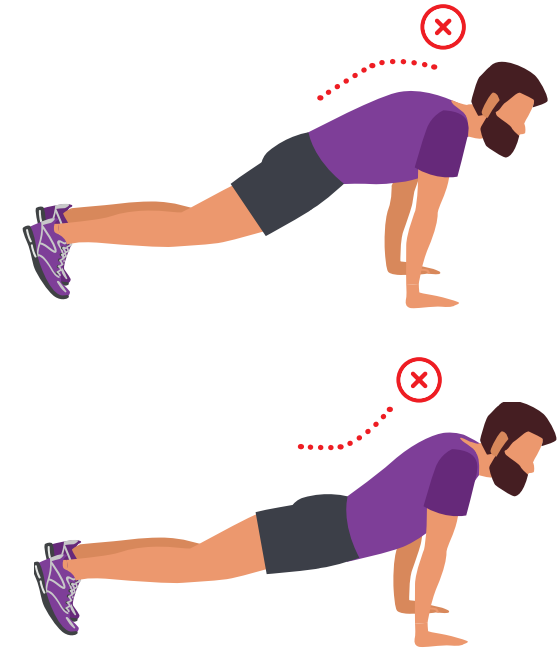
- Uses all your major muscle groups.
- Improves cardiovascular fitness and agility.
- Can be good for all fitness levels.

How to do a burpee

1. Stand with your feet shoulder-width apart and your arms by your sides.
2. Lower into a squat position and place your hands on the floor.
3. Kick or step your legs back into a plank position.
4. Jump or step your legs forward to return to a squat position.
5. Return to the standing position.

Don't

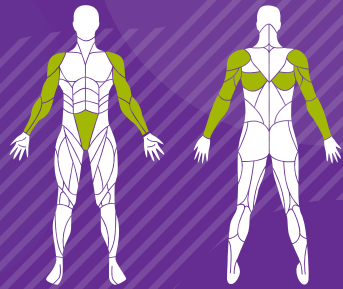
1. Rush.
2. Arch or sag your back.



Tips for good form

- Keep your hips down.
- Remember to breathe!
- Slowly increase repetitions (reps) or length.

Endurance Mountain Climber



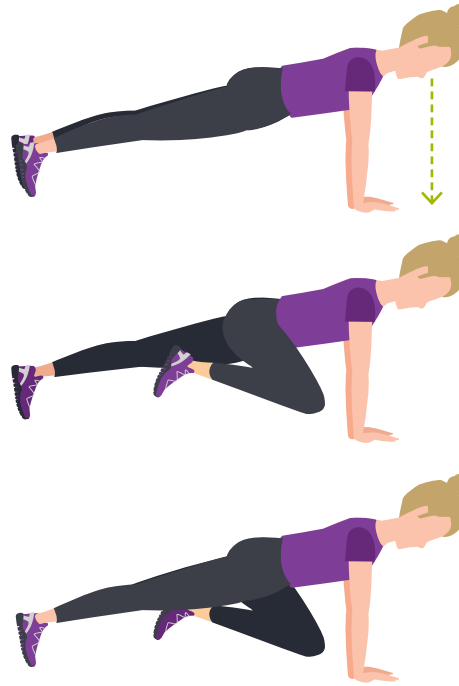
E2



10–20 reps or time yourself
for 20 seconds – 1 minute, 3 sets
Modify as needed.

Benefits

- Engages all major muscle groups including arms, shoulders, quads and core.
- Improves cardiovascular fitness and agility.
- Can be good for all fitness levels.

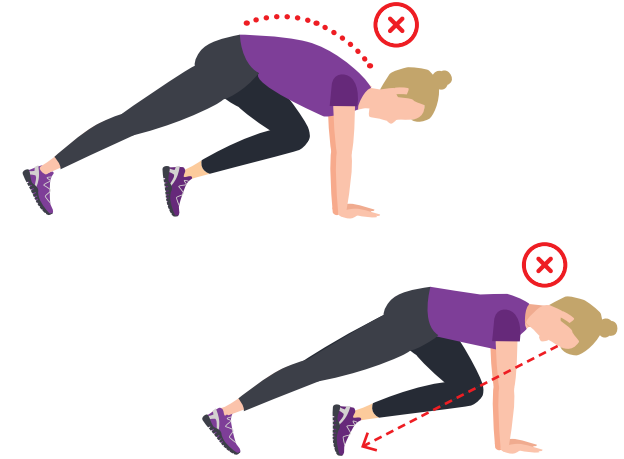


How to do mountain climbers

1. Get into a plank position – your hands should be about shoulder-width apart, back flat, abs tightened and head in a straight line with your body.
2. Pull your right knee into your chest as far as you can.
3. Switch legs, pulling one knee out and bringing the other knee in.
4. Start slowly with controlled movements. As you get stronger and more stable, pick up your speed to a running movement.
5. Alternate breathing in and breathing out with each leg change.

Don't

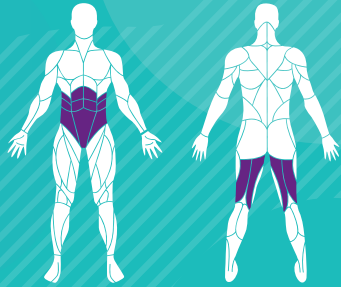
1. Arch or sag your back.
2. Look at your feet.



Tips for good form

- **Keep your hips down, your weight balanced and shoulders over wrists.**
- **Keep your head in line with your neck and spine by looking 2 – 4 inches in front of your hands and remember to breathe!**
- **Slowly increase repetitions (reps) or length.**

Strength Lower Body: Squat



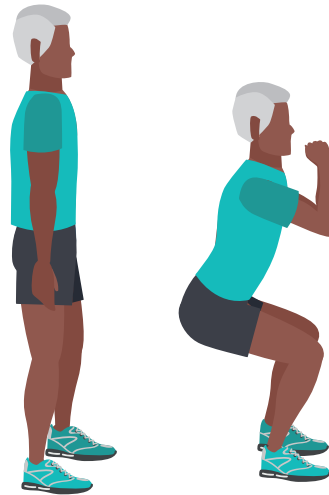
S1



Squat 10–20 times (reps)
3 sets. Modify as needed.

Benefits

- Targets multiple muscles in the legs –glutes, quads, hamstrings and calves.
- Strengthens your core.
- Gives you the strength to pick up heavy objects safely by using your lower body –instead of your back.

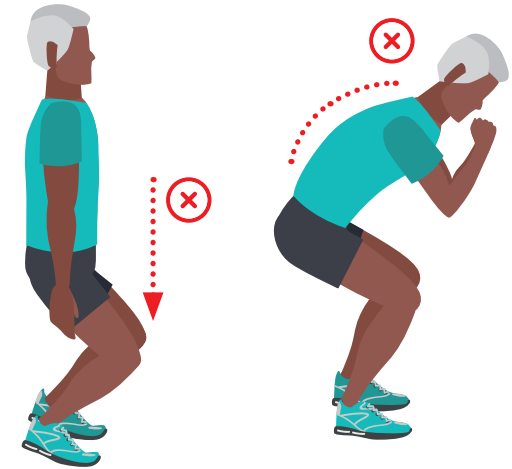


How to do a squat

1. Stand with feet apart, slightly wider than your hips, with your toes facing front & turned slightly outwards). Place your hands by your sides so your palms face inward or clasp in front of chest for balance.
2. Standing up tall, tighten your core. Hold your chest up and out, tilt your head slightly up and shift your weight back into your heels.
3. Bend your knees while keeping your upper body straight, as if you were lowering yourself onto a chair behind you. Do not collapse your chest or round your shoulders forward.
4. Lower down until your thighs are parallel or almost parallel with the floor, meaning knees are bent to a 90-degree angle.
5. Press into your heels and straighten legs to return to a standing upright position.
6. Repeat.

Don't

1. Start with bent legs.
2. Curve your back.

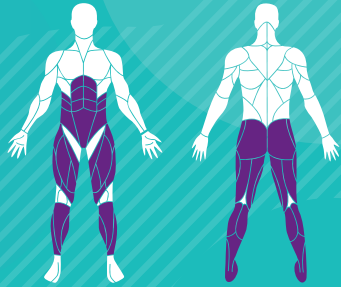


Tips for good form

- Torso is upright.
- Back is straight.
- Keep knees in line with toes.
- Hips dip below knee height.
- Weight is in the heels.

Strength Lower Body: Lunge

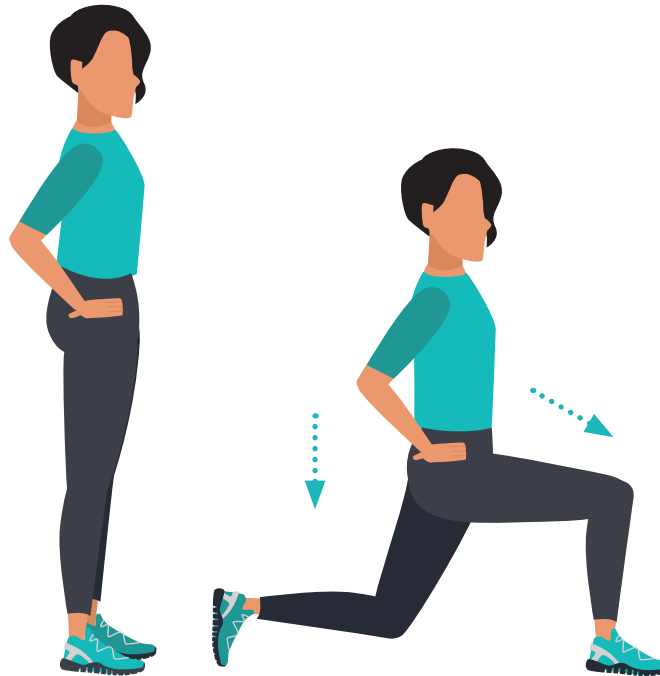
S2



10–20 reps each leg, 3 sets
Modify as needed.

Benefits

- Uses multiple muscles in the legs – hips, glutes, quads, hamstrings and calves.
- Strengthens your core.
- Stretches your hip flexors which improves their flexibility and reduces the shortening and tightening that can happen if you sit for long periods.



How to do a lunge

1. Stand with feet apart, slightly wider than your hips, with your toes facing front. Keeping your back straight, engage your core muscles and place your hands on your hips to stay balanced.
2. Take a big step forward with your right foot and bend your knee until your right thigh is parallel to the floor. Allow your back heel to lift, but don't let the knee touch the floor.
3. Step back to the starting position, then repeat on the opposite leg.

Don't

1. Lean forward— keep shoulders back.
2. Let knee go forward — keep your knee over your ankle, weight on heel.

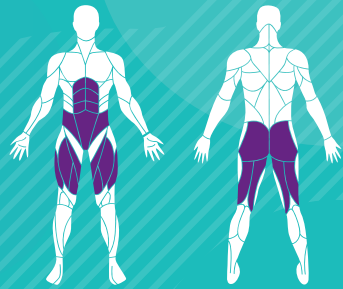


Tips for good form

- **Torso is upright.**
- **Back is straight.**
- **Front knee in line with second toe throughout lunge.**
- **Try not to twist back knee out or in.**

Strength

Lower Body: Hip Raise



S3



10–20 reps, 3 sets
Modify as needed.

Benefits

- Uses hamstrings, abs and glutes.
- Strengthens your core.
- Improves posture and can help with lower back pain.



Don't

1. Arch your back.
2. Put your feet together, keep feet hip width apart.



How to do a hip raise

1. Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees.
2. Tighten your abdominal and buttock muscles by pushing your lower back into the ground before you push up using these muscles.
3. Raise your hips to create a straight line from your knees to shoulders.
4. Squeeze your core and pull your belly button back toward your spine.
5. Hold for 5 to 10 seconds and then return to your starting position.



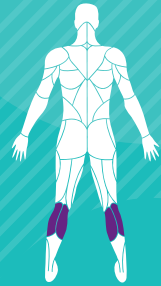
Tips for good form

- Avoid raising hips too high.
- Keep your abdominals tightened.

Strength

Lower Body: Calf Raise

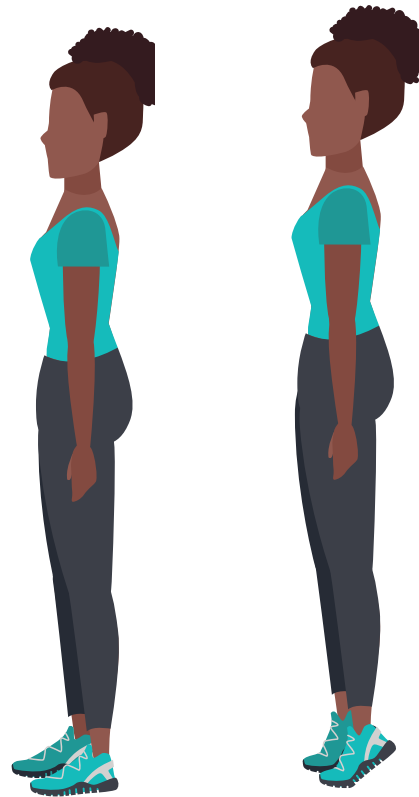
S4



10–20 reps, 3 sets
Modify as needed.

Benefits

- Great way to strengthen calves using low-impact.
- Improves stability and balance and reduces risk of ankle and knee injuries.

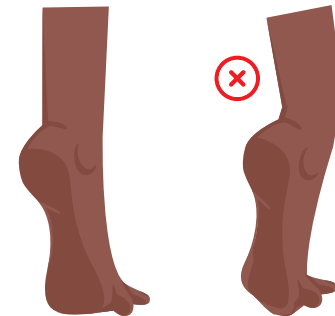


How to do a calf raise

1. Stand with your feet flat on the floor, hip-width apart and toes facing forward. If needed, use the wall or the back of a chair for balance.
2. Stand up onto the balls of your feet, as high as you can. Give your calf muscles an extra squeeze at the top.
3. Pause, then lower your heels back down in a slow, controlled movement.

Don't

1. Let ankle bend to the side.



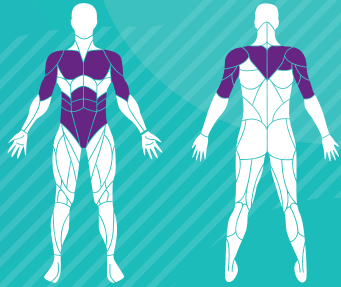
Tips for good form

- **Avoid locking knees.**
- **Control your speed – avoid going too fast.**

Strength

Upper Body:

Push-up



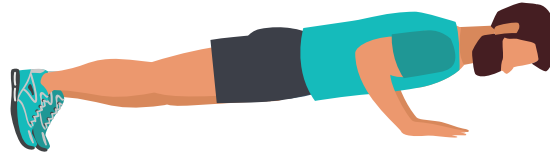
S5



8–20 reps, 3 sets
Modify as needed.

Benefits

- Targets chest, arms, shoulders and core.
- Helps you perform pushing motions needed in everyday life.
- Prevents shoulder and lower back injuries.
- Improves posture.



How to do a push up

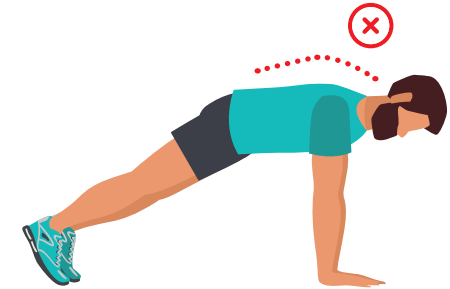
1. Get on your hands and knees. Position your hands slightly wider than your shoulders.
2. Keep your body in a straight line from head to toe. Extend your legs back so that you are balanced on your hands and toes*. Position your feet closer together or wider apart depending on what is most comfortable for you.

* or on your knees for an easier option.

3. Tighten your core by pulling your belly button toward your spine.
4. Slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle.
5. Tighten your chest muscles and push back up through your hands to lift you back into the start position.

Don't

1. Arch or sag your back.



Tips for good form

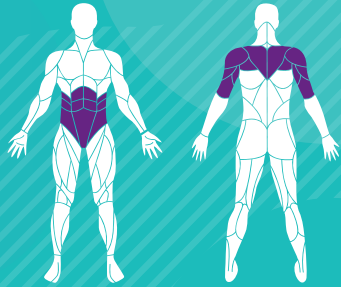
- **Avoid arching your back and sagging in the middle.**
- **Keep a tight core.**
- **Do not lock your elbows.**

Strength

Upper Body:

Tricep Dip

S6



8–20 reps, 3 sets
Modify as needed.

Benefits

- Strengthens arms, shoulders and core.
- Good for strengthening the triceps muscles in your upper arm.



How to do a tricep dip

1. Find a stable and secure chair, bench, or step.
2. Sit on the edge of the chair and grip the edge next to your hips. Point your fingers at your feet. Extend your legs so your feet are hip-width apart and your heels are touching the ground. Look straight ahead with your chin up.
3. Push into your palms to lift your body and slide forward just far enough so that your bottom moves away from the edge of the chair.
4. Lower yourself until your elbows are bent between 45 and 90 degrees.
5. Slowly push yourself back up to the start position and repeat.

Don't

1. Bend your elbows any more than 90 degrees.
2. Lean forward, maintain back in a straight line.



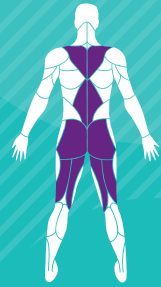
Tips for good form

- **Keep your shoulders down, away from your ears.**
- **Keep elbows shoulder-width apart.**
- **Only dip as low as what's comfortable.**
- **Push back to the start position with triceps not legs.**
- **Control the movement throughout.**

Strength

Upper Body: Back Extension

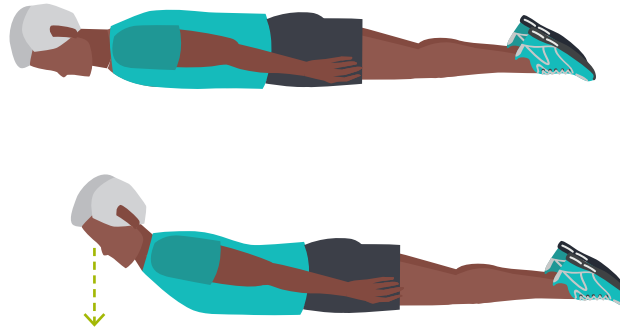
S7



10–20 reps, 3 sets
Modify as needed.

Benefits

- Strengthens muscles in your lower back and uses your bottom, hips and shoulders.
- Improves posture.
- Helps prevent lower back pain.

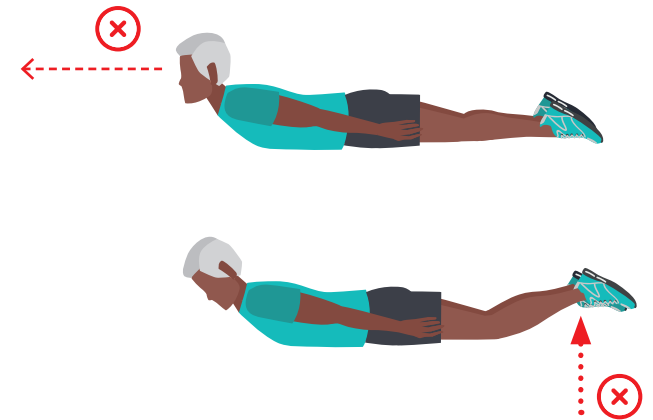


How to do a back extension

1. Lie on your stomach and straighten your legs behind you. For support, put your hands on the floor, out in front of you, or behind your head.
2. Lift your upper back, pressing your hips into the mat or floor. Keep your head and neck in a straight line. Hold for 2 seconds.
3. Lower to starting position.

Don't

1. Look forwards or up. Keep neck straight.
2. Lift feet off the floor as this could hurt your back. Keep feet hip width apart and on the floor.

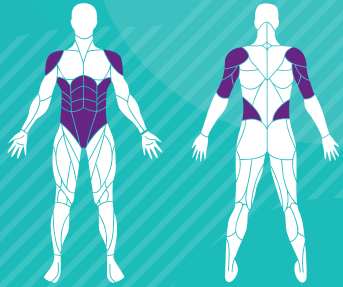


Tips for good form

- Keep your head, neck and spine in a straight line.
- Do not arch your back further than what feels comfortable.

Strength

Upper Body: Shoulder Tap



S8



6–10 reps on each side, 3 sets
Modify as needed.

Benefits

- Strengthens abs, back, arms and shoulders.



Don't

1. Arch your back, keep back straight.
2. Look forward, keep neck straight.
3. Rotate your hips too much, try to keep them square.



How to do a shoulder tap

1. Start in a kneeling-plank position with your legs hip-width apart and body in one straight line for the floor through to the top of your head.
2. While keeping your hips and shoulders level and squared in front of you, slowly lift one palm to the top of your opposite arm and pause for one second before returning to start.
3. Repeat on the other side.



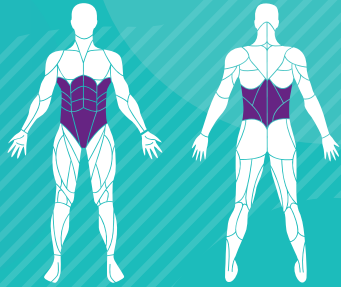
Tips for good form

- **Keep shoulder blades away from ears.**
- **Keep your hips steady by imagining you're balancing a glass of water on your lower back.**
- **Start with your feet hip width apart, if you find your hips are rotating too much take the feet wider.**

Strength

Core: Crunch

S9



10–20 reps, 3 sets
Modify as needed.

Benefits

- Strengthens your core and back.
- Improves stability.



How to do a crunch

1. Lie down on your back. Put your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest or behind your head.
2. Pull your belly button toward your spine.
3. Lift your upper body so your shoulder blades are about 1 or 2 inches off the floor.
4. Keep your neck straight, chin up. Imagine you're holding a tennis ball under your chin. That's about the angle you want to keep the chin while doing this exercise.
5. Hold at the top of the movement for a few seconds, remembering to breath in and out gently.
6. Slowly lower back down.

Don't

1. Put too much pressure on your neck with your hands.
2. Lead with the neck, use your core to raise your upper body off of the floor.

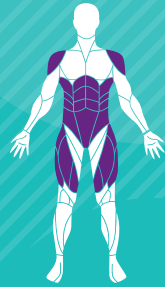


Tips for good form

- Use your core to raise your upper body, not your neck.
- Move in a slow, controlled way.
- If hands are behind the head, gently cradle your head with fingers.
- Keep your feet hip width and flat on the floor.

Strength Core: Plank

S10



Hold for 10–60 seconds, 3 sets
Over time work up to 30, 45 or 60
seconds. Modify as needed.

Benefits

- Excellent abdominal and core exercise.
- A strong and solid core helps stabilize, balance and power your body and reduces stress on joints.

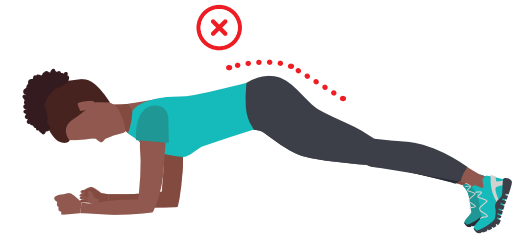


How to do a plank

1. Begin in the plank position face down with your forearms and toes on the floor. Your elbows should be directly under your shoulders and your forearms facing forward. Relax your head and look at the floor.
2. Tighten your abdominal muscles, by pulling your belly button toward your spine.
3. Keep your torso straight and your body in a straight line from ears to toes with no sagging or bending.
4. Keep shoulders down – do not let them creep up toward ears.
5. Heels should be over the balls of feet.

Don't

1. Raise hips above shoulder level.
2. Drop hips below shoulder level.
3. Tilt head up.



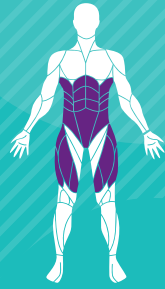
Tips for good form

- **Keep body in a straight line.**
- **Keep your neck and body in a straight line.**
- **Keep core muscles tight.**
- **Keep elbows directly under shoulders.**

Strength

Core: Bicycle Crunch

S11



How to do a bicycle crunch

1. Lie flat on the floor with your lower back pressed to the ground, knees bent and feet on the floor. Place your hands behind your head, lightly supporting it with your fingers.
2. Lift your shoulder blades off the floor and raise your knees to about a 90-degree angle, lifting feet from the floor.
3. Rotate to the left, bringing the right elbow toward the left knee as you straighten the right leg.
4. Switch sides, rotating your torso to touch your left elbow toward the right knee.
5. Continue alternating sides in a pedalling motion.

Don't

1. Put too much pressure on your neck with your hands.
2. Lead with the neck, use your core to raise your shoulders and upper back off the floor.



Tips for good form

- **Avoid pulling on your neck.**
- **Rotation should be in the torso.**
- **Slow and controlled movement.**



8–20 reps each side, 3 sets
Modify as needed.

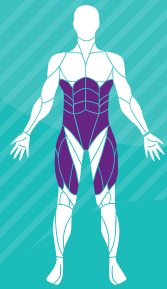
Benefits

- Activates your upper and side abdominal muscles.
- Helps strengthen hamstrings and quads.

Strength

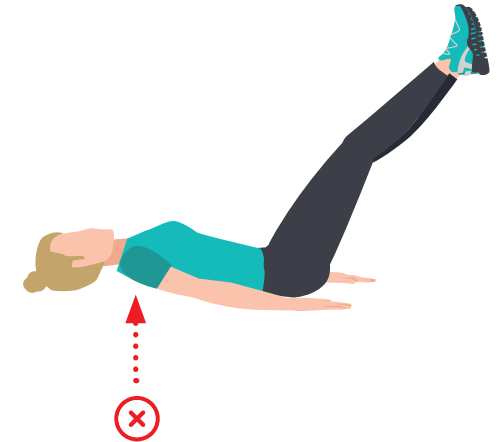
Core: Lying Leg Lift

S12



Don't

1. Arch your back.
2. Put too much pressure on your lower back. Go to single leg lifts if using two is uncomfortable.



10–20 reps, 3 sets
Modify as needed.

Benefits

- Strengthens abs, core and hip flexors.
- Can help with lower back pain.

How to do a lying leg lift

1. Lie on your back, face up, legs extended. Place hands by your side or underneath your lower back and bottom so your pelvis is supported.
2. Raise legs slowly toward the ceiling. Keep back flat against the floor.
3. Lift until your hips are fully flexed and you can't go any higher with straight legs.
4. Lower legs slowly back down. Keep back flat against the floor.

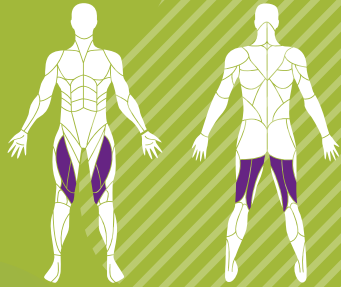


Tips for good form

- Use your core muscles to push your back into the floor as you lower your legs.
- Move slowly and with control.
- Keep neck relaxed and flat on the floor.

Flexibility

Quads & Hamstrings



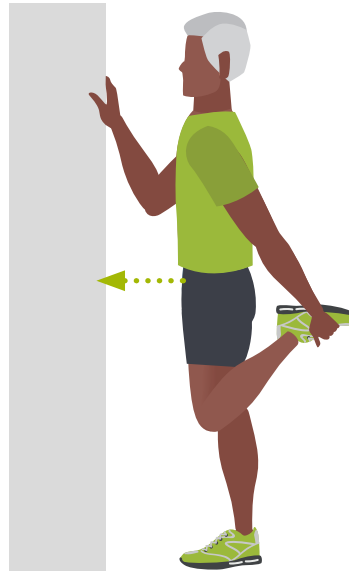
F1



Quads: 1-3 reps each leg
Modify as needed.



Hamstrings: 3 times
Modify as needed.



How to stretch quads

1. Stand and hold onto a wall for balance.
2. Hold the top of your left foot and bend your knee, Bring your foot toward your glutes, knee pointing straight at the floor. You should feel a stretch down the front of your leg.
3. Squeeze your hips forward for a deeper stretch.
4. Hold for 15 – 30 seconds.
5. Repeat with the opposite leg.

How to stretch hamstrings

1. Sit on the floor with both legs out straight.
2. Extend your arms and gently reach forward by bending at the waist as far as possible while keeping your knees straight.
3. Hold for 15 – 30 seconds.
4. Relax back into the starting position.

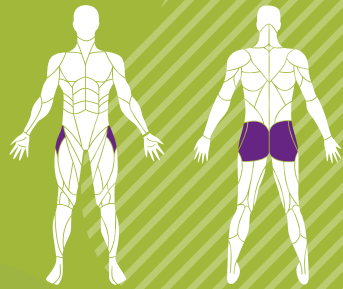


Tips for good form

Stretch until a gentle pull is felt in the back of your thighs. If you feel any excessive discomfort or pain, you should stop the exercise.

Flexibility

Glutes & Hip Flexors



F2



Glutes: 1 - 3 times each side
Modify as needed.



Hip Flexors: 3 times
Modify as needed.



How to stretch glutes

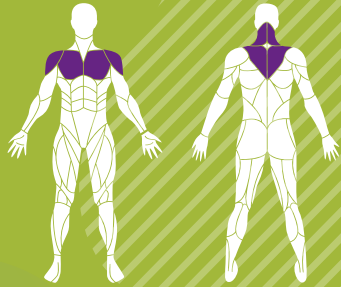
1. Lie on your back with your knees bent.
2. Lift one ankle up and rest it across the opposite knee.
3. Reach underneath the lower leg and pull up towards your chest.
4. Hold for 15 – 30 seconds.
5. Repeat with the opposite leg.

How to stretch hip flexors

1. Start in a seated position with legs in front.
2. Hold your ankles and bring your feet closer to your groin. If needed, do this one leg at a time.
3. Bring both feet together so the bottoms of your feet are touching.
4. Continue to hold your ankles with your hands while using your elbows to press down on your knees.
5. Gently press your knees toward the floor.
6. Hold for 15 – 30 seconds.

Flexibility

Neck & Chest



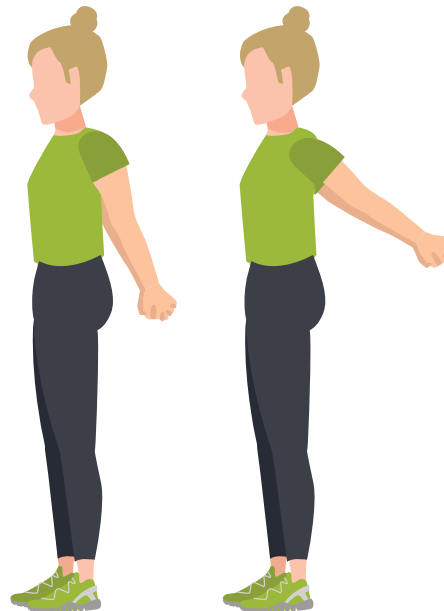
F3



Neck: 1- 3 times each side
Modify as needed.



Chest: 3 times
Modify as needed.



How to do a neck stretch

1. Start standing or seated with your arms alongside your body. Draw your shoulder blades back and down.
2. Slowly bend your neck to bring your right ear toward your right shoulder while keeping your shoulders in the same position.
3. Hold for 15 – 30 seconds.
4. Repeat on the left side.



Tips for good form

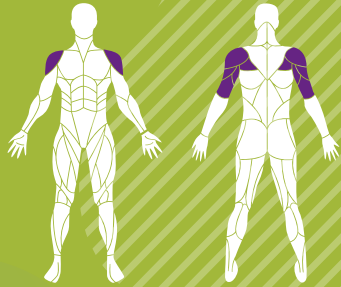
To deepen the stretch, use your hand to apply gentle pressure to your head.

How to do a chest stretch

1. Sit or stand and clasp your hands together behind your back, arms straight.
2. Lift your hands toward the ceiling, going only as high as is comfortable. You should feel a stretch in your shoulders and chest.
3. Hold for 15 – 30 seconds.

Flexibility

Triceps & Shoulders



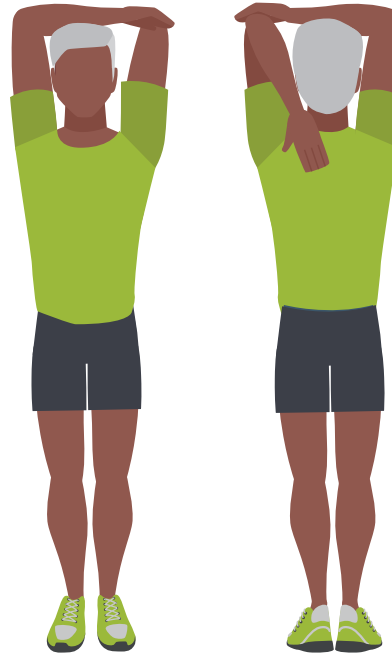
F4



Triceps: 1- 3 times each side
Modify as needed.



Shoulder: 1- 3 times each side
Modify as needed.



How to stretch triceps

1. While standing, lift one arm above your head and bend at the elbow to reach down behind your neck.
2. Use your free hand to gently push that raised arm further down behind your head.
3. Hold for 15 – 30 seconds.
4. Repeat with the opposite arm.

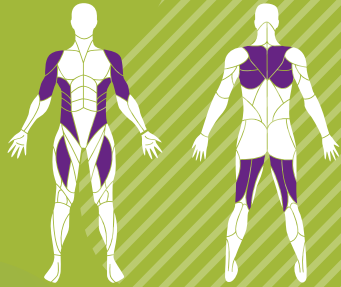


How to stretch shoulders

1. Bring one arm straight across your chest and curl the other hand around your elbow.
2. Gently pull the straight arm toward you at the elbow.
3. Try dropping the shoulder down if you're not feeling a stretch.
4. Hold for 15 – 30 seconds.
5. Repeat with the opposite arm.

Flexibility

Upper Back & Knees to chest



F5



Upper back: 3 times
Modify as needed.

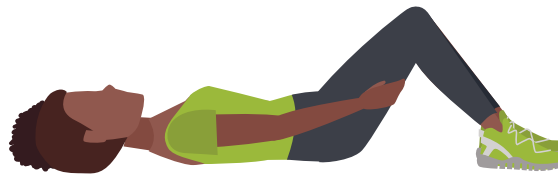


Knees to chest: 3 times
Modify as needed.



How to stretch upper back

1. Sitting or standing, clasp your hands together in front of you and round (curve) your back.
2. Press your arms away from your body to feel a stretch in your upper back. Make sure your chin is tucked and your shoulders are down and away from your ears.
3. Tighten the abs to get the most out of this stretch.
4. Hold for 15 – 30 seconds.



How to stretch knees to chest

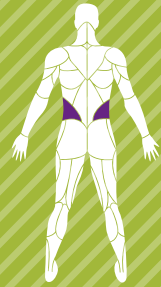
1. Lie on your back with knees bent and feet flat on floor.
2. Place your hands on the back of your thighs and pull your legs toward your chest.
3. Pull until a gentle stretch is felt.
4. Hold for 15 – 30 seconds.
5. Return to the starting position.



Flexibility

Upper Back & Childs Pose

F6



How to stretch upper back

1. Sitting or standing, clasp your hands straight up above your head, palms facing the ceiling.
2. Stretch up and then over to the right, feeling a stretch down your left side.
3. Hold for 15 – 30 seconds.
4. Repeat on opposite side.

How to do child's pose

1. Kneel on the floor with thighs apart.
2. Sink back into your heels and curl the spine as you fold the body forward.
3. Position your forehead down toward the ground.
4. Extend your arms in front of you with palms facing down or rest behind you with palms facing up.
5. Focus on breathing deeply and relaxing any areas of tension.
6. Hold this pose for as long as comfortable.



Upper back: 3 times
Modify as needed.



Childs pose: Hold as long
as comfortable.