



The following are exercises that require no equipment and you can do at home with little space. They are supporting the 'move' section of our recent blog 'The Power of Three: move, eat, drink!'. This routine targets the whole body, you simply choose how many reps you want to do and rounds.

Develop - 2-3 rounds of 8-10 repetitions on each exercise

Grow - 3-4 rounds of 10-12 repetitions on each exercise

Excel - 4-5 rounds of 12-15 repetitions on each exercise

Each exercise can be either performed on its own, so you do one set of 8-15 repetitions, rest 30-90 seconds then repeat the same exercise or:

- Super-sets - select two exercises to complete before resting, repeating 2-5 times
- Tri-Sets - select three exercises to complete before resting, repeating 2-5 times
- Circuit - do all exercises one after another, resting 20-30 seconds between each one, before resting and repeating for 2-5 rounds.

Before you begin working out, remember to perform a few mobility drills to prepare the body for the session ahead. Select one of the two options listed below, depending on your ability (grow mobility exercise are slightly harder).

Mobility - [Develop](#)

Mobility - [Grow](#)



Workout One - Develop and Grow

[Squat - progressions](#)

[Press Up - Progressions](#)

[Side Step / Half Jack](#)

[Hip Bridge](#)

[Single Leg Lowering - bent leg](#)

[Step Ups](#)

Workout Two - Grow and Excel

[Split Squat](#)

[Press Up](#)

[Jumping Jacks / Star Jumps](#)

[Hip Bridge - feet raised](#)

[Single Leg Lowering - straight leg](#)

[Explosive Step Up](#)

Post workout, remember to carry out your [stretches](#) to help cool down, reduce stiffness and soreness and start the recovery process.