Balance, coordination, general fitness

Always view the ‘before you start’ document prior to beginning. For every resistance exercise, complete 3 sets of 10-15 repetitions, with a 30 second break between sets (unless otherwise stated). Increase the repetitions to make this harder.

1. Slow knee raises
   Hold something stable
   Alternative: Lying knee hugs

2. Chest press machine
   Alternative: Press ups against a wall or tree

3. Leg press machine
   Alternative: Squats against a wall, or sit to stand from a bench

4. Cross trainer or Bike
   2 minutes moderate pace
   1 minute recovery. Repeat 3 times

5. Pull down
   Alternative: Arm raises to front and side, using water bottles

6. Heel raises
   Alternative: Seated heel raises

This is aimed at beginners and those wanting to improve their balance and coordination. Ensure that you are comfortable with the equipment before starting, and when doing standing exercises make sure you have something stable to hold on to if you need it.