





**Waiheke Walking Festival Bulletproofing.** Do 2-3 times per week.

Exercise	Reps, Sets, and Rest.	Progressions once it gets easy.	Picture.
<b>Ankle Circle, Inversion and Eversion.</b>	<b>1 set of 10x in each direction.</b> Stand or sit, rotate your right ankle, then roll to inside and outside. Repeat on the left.	Add a dynaband to inversion and eversion.	
<b>Calf Raises on a Step</b>	<b>2 sets of 15-20x with 20 seconds rest between.</b> Stand with balls of your feet on the edge of a step - hold onto the wall etc if you wish. Push up as high as possible, then lower as far as possible.	Single leg variation. Add a 3rd set.	
<b>Hopping or Skip</b>	<b>50x</b> Light, gentle hops	Build up to 100x, progress to single leg.	Light hops to promote elasticity.
<b>Squats (optional press)</b>	<b>2 sets of 10-20x with 20 seconds rest between.</b> Stand tall, then push hips back as you bend your knees. Keep your chest and eyes up. To return to standing, think of pushing the floor away from you.	Add dumbbells, or cans. Add a 3rd set.	
<b>Standing Twists.</b>	<b>1 set of 10-20x.</b> Stand with feet wider than hips, arms wide to side. Twist to the right as far as possible, allowing foot, leg, pelvis, spine, shoulders, neck, head, and face to rotate.	Hold a dumbbell or cans.	
<b>Hip Hinge with Reciprocal Rows</b>	<b>2 sets of 10-20x with 20 seconds rest between.</b> Stand tall, then hinge at hips, pushing buttocks back and keeping knees straight. 'Row' arms, then hinge back to stand tall.	Single leg hip hinge. Add a 3rd set. Add dumbbells.	

**Alternating Lunge with 'runner' arms.**

(Modify by holding the back of a chair).

**1 set of 10-20x with 20 seconds rest between.**

Stand with your feet together, step back on your right foot, keeping your heel off the ground. Bend both knees, stay low and move arms in a reciprocal sawing action. Straighten both legs and bring the right leg forward. Repeat the other side.

Add a 2nd set. Add varied planes of movement. Add dumbbells.

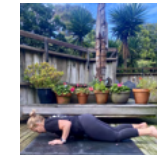


**Pushups** - start against the wall, or on a table, or on knees to modify.

**2 sets of 10-20x with 20 seconds rest between.**

Start with hands shoulder width or wider. Lower down as far as possible, keeping the body in a straight line. Think of pushing the ground away from you as you return to the starting position.

Add a 3rd set.

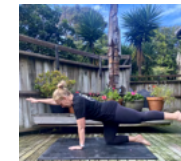


**Bird Dogs**

**1 set of 10-20x.**

Start on your hands and knees, shoulders and hips square to the ground. Reach your opposite arm and leg away, remaining square. Alternate sides.

Add light dumbbells.



**Side Planks with Clam Shell .**

Modify by lying on your side.

**1 set of 10-20x Each Side.**

Start on your right forearm and knee, body square to wall in front of you. Squeeze heels together and open the top leg like a clam as far as possible without twisting your body.

Add a 2nd set. Add a band.



**Swimming**

**1 set of 10-20x.**

Start lying on your front, lift your breastbone, shoulders, and face 'out of the water'. Reach the opposite arm and leg up and away. Don't let your abdomen push into the ground. Alternate sides.

Add a 2nd set.



**Standing on one leg**

Build up to one minute on each side.

Move arms. Close eyes.

You could even do this while you brush your teeth!