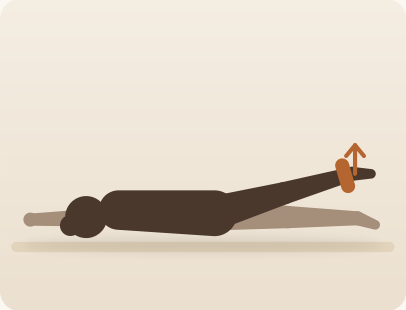
PROGRAMME · ANKLE WEIGHTS

20 minutes to *tone arms and legs*

COREFLO

Duration · 20 min | **Level** · beginner + | **Frequency** · 3 times a week | **Rest** · 30 s between sets



1 Side leg lift

GLUTES · HIPS

1. Lie on your side, weights on your ankles, head resting on your arm.
2. Lift the top leg, straight, as you exhale, without rolling your hips.
3. Lower slowly, then switch sides.

2 × 15
each side, foot parallel to the floor



2 All-fours leg extension

GLUTES · HAMSTRINGS

1. On all fours, hands under shoulders, knees under hips.
2. Extend one leg back to hip height as you exhale.
3. Return without touching the knee down, then switch.

2 × 12
each side, flat back



3 Leg circles

ABS · HIPS

1. Lie on your back, one leg straight up to the ceiling.
2. Draw 5 small circles with your foot, then 5 the other way.
3. Keep your pelvis still, then switch legs.

2 × 10
circles per leg, pelvis still



4 Arm circles

SHOULDERS · ARMS

1. Stand with weights on your wrists, arms out at shoulder height.
2. Make small forward circles for 20 seconds.
3. Then 20 seconds backwards.

3 × 40 s
shoulders down, neck relaxed

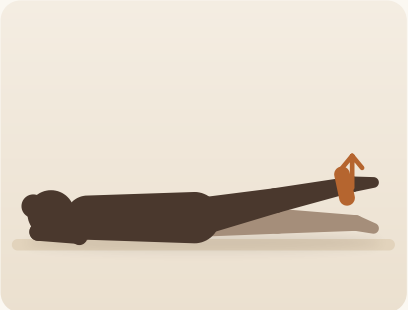


5 Knee raise

ABS · QUADS

1. Stand tall, weights on your ankles.
2. Raise one knee to hip height as you exhale.
3. Lower the foot with control, then alternate.

3 × 12
each side, upright torso



6 Prone leg lift

GLUTES · LOWER BACK

1. Lie face down, forehead resting on your hands.
2. Lift one straight leg a few centimetres as you exhale.
3. Lower slowly, then switch legs.

2 × 12
each side, hips on the floor

Pilates breathing

Warm up for 3 minutes before you start. Exhale during the effort (as you lift your leg or arm) and inhale on the way back. Keep your belly button gently drawn towards your spine.

Practise safely

Always start with the lightest load. Stop any exercise that causes pain. If you have an injury, are pregnant or have a health condition, ask a doctor or physiotherapist before you start.