

GYMSTICK

WORKOUT

Try out this Gymstick workout at home today. You need your Gymstick, a mat and a little space! A total body conditioning workout that will help improve your strength, endurance, coordination, posture and balance all at the same time! Hit the floor in this month's workout, but you can still work balance and posture from here! Try doing 12-16 reps of each exercise or time yourself for 30-60 secs and then repeat it again (some exercises you will need to repeat on the opposite side) The first exercise is a whole body compound movement and is great for a warm up.



Clean and Press with rotation (Targets the entire body). Begin by placing a band on each foot, add lots of resistance and hold the stick with overhand grip. Pull the elbows up before flipping them under and bending the knees into a squat. Straighten the arms as you straighten the legs and turn to face the right. Repeat the exercise rotating to the other side.



Leg extension, tricep press and balance (Targets triceps, thighs, buttocks and balance). Place only one band on the right foot and step the left foot between the gaps in the bands to the front. Balance on your left leg. Begin with the right leg bent and the stick behind the head with elbows bent. Straighten leg and arms as the same time, whilst remaining in the balance. Repeat with band on the left foot.



Shoulder extension with knee extension (Targets shoulders, back, triceps, legs and core). Both bands on your right foot and the stick behind your back. The left foot is in the gap between the bands. Balance on the left leg, extend the shoulders and right knee at the same time. Repeat the exercise with the bands on the other foot.



Bicep curl with leg cross over (Targets balance, inner thighs and biceps). Place one band back on each foot, add lots of resistance and hold with underhand grip. Balance on the left leg. Perform a bicep curl as you cross the right foot over the other leg with control. Repeat exercise balancing on the right leg.



Plank with knee lift (Targets lower body, shoulders and core). With a band on each foot, come down on to all fours and then place the forearms on the floor holding the stick in place with the heel of the hands. Lift your knees off and hold a plank position. Lift one foot off the floor and bring the knee up towards the elbow.



Leg extension (Targets buttocks, thighs and core). Lying on your back holding the stick with underhand grip and elbows anchored to the floor. Begin with legs in tabletop position and extend alternating leg or both legs at the same time.



Single leg bridge with leg lower (Targets buttocks, thighs and lower back). Lying on your back holding the stick with underhand grip and elbows anchored to the floor. Take one foot up towards the ceiling and this leg remains as straight as is comfortable for you. Drop the heel towards the floor as you lift the hips up as high as you can. Repeat exercise with opposite leg.

Cool down: We strongly recommended that you stretch your muscles following the workout. To find out how to stretch using the Gymstick, [check out this online guide](https://www.gymstick.com.au).