

# 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! 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. This workout has a variety of positioning and may require a little time to prepare for the next exercise.



**Wide alternating squat with shoulder press. (Targets the entire body).** Begin by placing a band on each foot, add resistance and hold the stick with overhand grip just below the chin. Step the right foot to the side and bend the knees into a squat. Return to the start position and press the stick overhead, completely straightening the arms. Repeat, stepping your left foot to the side and continue alternating with the shoulder press in between.



**Bicep Curl with lunge (Targets biceps, lower body and balance).** For this exercise you will need to place both bands on your right foot and then step your left foot through the gap in the bands and to the front. Hold the stick in the middle with the right hand and underhand grip. Step your left foot forward and bend the knees into a lunge as you perform the bicep curl. When you repeat the exercise, you will need to transfer both bands on to the left foot and step your right foot to the front.



**Side leg lift and side push (Targets outer thighs, strengthens the ankle stabilizers and improves balance).** For this exercise you will need to place a band on each foot and then cross the bands over once by taking the right end of the stick across. After crossing the bands, step the left foot over the band and to the front. Hold the stick with overhand grip and lots of resistance. Balancing on the right leg, lift the left leg straight out to the side as you push the stick in the opposite direction. Repeat the exercise crossing the bands in the opposite direction.



**All fours leg crossover (Targets balance, core and upper back).** Place a band on each foot and come down to all fours. Push the stick forward and secure in place with the heel of the hands. Straighten out your right leg, take it wide of the body and then in a smooth, controlled action, cross it over the opposite leg and towards the floor.



**Back and hip extension with press (Targets every muscle in the back of the body!).** Begin lying face down with the stick at the forehead and feet together. Keeping the neck long and eyes on the floor, lift the legs and back off the floor. To add extra challenge, hold the position and then press the stick forward to straighten your arms.



**Leg circles (Targets core and legs).** Lying on your back holding the stick with underhand grip and elbows anchored to the floor. Legs as straight as possible and feet towards the ceiling. Drop both legs towards the floor, open the legs apart and circle back up to the top. If you struggle keeping your legs lifted, you can add more resistance and this will pull your feet towards the ceiling. Slow and controlled action throughout. Aim to keep the back in neutral i.e. avoid arching the lower back.



**Bridge with hip extension (Targets buttocks and hamstrings).** Lying on your back holding the stick with underhand grip and elbows anchored to the floor. Begin with your right leg straight and foot towards the ceiling. Left leg is bent and foot flat on the floor. Press the hips off the floor at the same time as dropping the right foot down. Repeat on other 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).