

# 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. Lots of balance this week to keep those small intrinsic muscles improving!



**Step with rotation and bicep curl (Targets the entire body).** Begin by placing a band on each foot, add lots of resistance and hold the stick with underhand grip. Step forward on to alternating lunge as you rotate the torso and bend the elbows into a bicep curl. Exhale as you turn towards the leg in front.



**Tricep press with balance (Targets triceps, buttocks and balance).** Begin in a split stance with the right foot back. Take the stick over your right shoulder with the palm of the hand facing forward. Balancing on the left leg, press the right arm straight out and up and lift the right leg straight behind. Repeat on the other side



**Leg crossover (Targets inner thighs, strengthens the ankle stabilizers and improves balance).** Hold the stick with yoga grip and lots of resistance. Balancing on the left leg, begin with the right foot lifted to the side. Maintaining the balance, cross the right foot over the left leg with control.



**Shoulder and knee extension with balance (Targets balance, core and upper back).** Place both bands on to your right foot and then place the stick on the floor. Step over the stick, but place the left foot in between the bands. Pick the stick up behind the back with palms facing away from you. Balance on the left leg, lifting the right knee up in line with the hip. Extend the right leg until it is straight, whilst you squeeze the shoulder blades together and pull the stick away from the backside. Repeat with both bands on the other foot.



**Plank leg press (Targets the legs and core).** Begin on all fours, placing the stick in front and forearms on the floor to secure the stick in place. Come up on to your toes and then pull the right knee in to the chest before pressing the foot out and away from the body. Exhale as you extend the leg. Repeat on other side.



**Alternating leg lower (Targets core and legs).** Lying on your back holding the stick in yoga grip with lots of resistance. Extend alternating leg towards the floor.



**Lying reverse fly (Targets back and shoulders).** Lying on your back with the stick secured beneath the heels, take the opposite band in each hand. Hands begin together and in front of the chest. Open the arms out to the sides to stretch the bands.

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).