

The POWER Circuit

**Dax Moy's Weightless
Workout For Total Body
Conditioning**



- **A** Stand with feet hip width apart and arms at sides
- Maintaining upright posture, raise arms out to sides then overhead until arms are fully extended above head.
- Pause then lower to start position

Start with 20 repetitions and add 5 reps a week up to 100 reps maximum



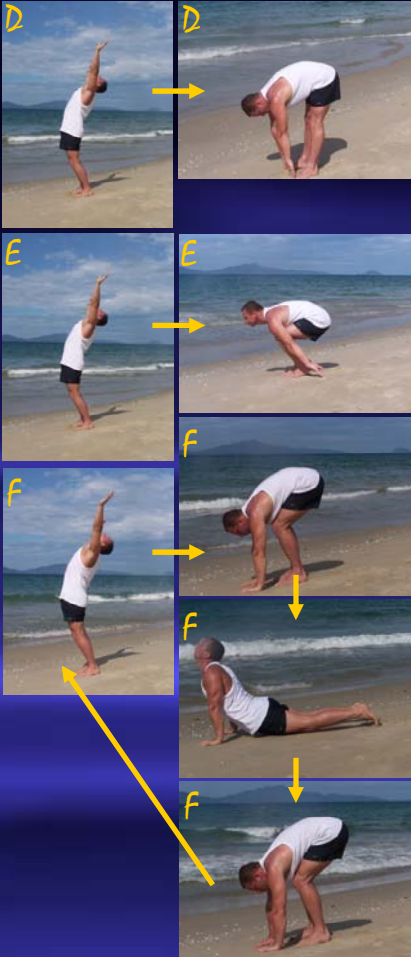
- **B** Stand with feet hip width apart and arms held at horizontal with wrists flexed and palms outward
- Maintaining upright posture and relative arm position, rotate left to right using the muscles of the waist (obliques) as the driver of the movement whilst minimising lower body motion

Start with 20 repetitions and add 5 reps a week up to 100 reps maximum



- **C** Stand with feet hip width apart and arms at sides
- Squeeze bottom hard and lean over to left reaching down with left hand and up to right armpit with right hand
- Return to centre then repeat for other side

Start with 20 repetitions and add 5 reps a week up to 100 reps maximum



- **D** Stand with feet hip width apart, arms outstretched above head and pelvis driven fully forward (clench your bottom together)
 - Relax bottom and lean forward to touch toes (or toward them)
 - Pause at bottom then stand up by squeezing bottom and driving pelvis forward to start position
- Start with 20 repetitions and add 5 reps a week up to 100 reps maximum**

- **E** Adopt same start position as above, standing and pelvis forward
 - Bend at knees into deep squat position, brushing the floor lightly on the way down and again as you stand back up
 - Ensure that you stand by squeezing bottom and driving pelvis fully forward rather than using back
- Start with 20 repetitions and add 5 reps a week up to 100 reps maximum**

- **f** Adopt same start position as above, standing and pelvis forward
 - Bend at knees and hips and place palms flat on floor
 - 'Walk' forward on hands until you assume a full pushup position
 - At this point, squeeze your bottom, drive your pelvis toward the floor and look upward
 - Pause for 2-3 seconds
 - Reverse the process by walking your hands back toward your feet, driving your pelvis forward and reaching overhead to complete the movement.
 - Repeat
- Start with 10 repetitions and add 5 reps a week up to 50 reps maximum**



IMPORTANT NOTICE: The POWER Circuit is intended as a suggested conditioning programme for healthy individuals seeking an improvement in physical conditioning. Please consult your primary health consultant prior to participation or if you feel that the exercises recommended here may not be correct for your specific health circumstances.

Discontinue immediately any exercises that cause you pain or if aggravation of any existing health problems become apparent.