

Director's Workout

Before he worked at the REME Museum, our Director's job was to make sure soldiers were fighting fit. He has shared a simple workout to help you exercise from home.

Squats



1. Stand with your feet shoulder width apart. You can place your hands straight in front of you. This will be your starting position.
2. Begin the movement by bending your knees and gently lowering yourself down as if you were sitting down. Keep your back straight.
3. Continue squatting down as far as you are able, and quickly reverse the motion until you return to the starting position. As you squat, keep your head and chest up and push your knees out. Repeat 10 times.

Stationary Lunges



1. Stand in a staggered stance with your right foot 2-3 feet in front of your left foot (lunge position).
2. Drop down till both knees are at a 90 degree angle, keeping the knee about an inch off the floor, hold for a few seconds, then stand back up keeping the right foot out and left foot back. This completes one rep.
3. Execute the exercise as many times as possible for 30 seconds, then change legs and repeat.

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AB Bicycles



1. Lie flat on the floor with your lower back pressed to the ground. For this exercise, you will need to put your hands beside your head. Be careful however to not strain with the neck as you perform it. Now lift your shoulders into the crunch position.
2. Bring knees up, with your lower legs parallel to the floor. This will be your starting position.
3. Now simultaneously, slowly go through a cycle pedal motion kicking forward with the right leg and bringing in the knee of the left leg. Bring your right elbow close to your left knee by crunching to the side, as you breathe out.
4. Go back to the initial position as you breathe in.
5. Crunch to the opposite side as you cycle your legs and bring closer your left elbow to your right knee and exhale.
6. Continue alternating in this manner until you have 10 each side

Dead Fly



1. Begin lying on your back with your hands extended above you toward the ceiling.
2. Raise both legs so they are pointed to the ceiling. This is the start position.
3. Start the exercise by slowly lowering one leg to just above the ground, whilst at the same time lowering the opposite arm to just above the ground.
4. Now slowly raise both the leg and arm back to the starting position.
5. Repeat on the opposite side, alternating and doing as many as you can for 30 seconds.

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Push Ups



1. There are 2 ways to do this exercise. For a beginner you can try with your knees on the floor and place your hands on the floor in front of you about shoulder width apart.
2. Next, by bending your arms, lower yourself downward until your chest almost touches the floor as you breathe in. Now breathe out and straighten your arms to push your chest back up to the starting position.
3. If you feel strong enough the second way is to lie straight out face down with your toes touching the floor, your arms straight about shoulder width apart and hands flat on the floor. Try to keep a straight back, keep your bottom down and don't let your hips sag.
4. Now lower your arms breathing in as you lower your chest to just off the floor, remember to try and keep your back nice and straight.
5. Repeat the exercise as many times as you can for 30 seconds.

Heel Taps



1. Lie on the floor with the knees bent and the feet on the floor around 18-24 inches apart. Your arms should be extended by your side palms down. Make sure your feet are a few inches away from your fingers. This will be your starting position.
2. Keeping your back flat on the floor as you can, slide your left hand to touch your left heel, hold the contraction for a second.
3. Now go back slowly to the starting position.
4. Now repeat sliding your right hand to touch your right heel then go back to the starting position. Now that both heels have been touched, that is considered 1 repetition.
5. Continue alternating sides in this manner for 30 seconds.

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Windscreen Wipers



1. Lie on your back on the floor, arms out to your sides, hands placed palm side down on the floor. Your feet should be together. Lift your legs so the point to the ceiling, this is the starting position.
2. Next lower your legs together over to the left side of your body, trying to keep your arms out with hands flat on the ground, hold for a few moments, and then return to your starting position. Then repeat on the other side.
3. Do ten exercises on each side.

Superman Towel Row



1. To begin, lie straight and face down on the floor. Your arms should be fully extended in front of you holding a towel taught. This is the starting position. Simultaneously raise your arms, legs, and chest off of the floor and hold this contraction for 2 seconds.
2. Holding the towel as high as you can pull apart on the towel bringing it back under your chin and then straighten your arms back out keeping the towel pulled apart.
3. Repeat as many times as you can for 30 seconds.

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Star Crunches



1. Lie on your back with your arms and legs out like a star, this will be your starting position.
2. Now curl up and bring your right arm up across your body while bringing your left leg up so your fingers and toes touch meeting at the top.
3. Now go back down to the starting position and repeat with the left arm and right leg.
4. Continue alternating in this manner repeat as many times as you can for 30 seconds.

Knees to Chest



1. Begin in a comfortable standing position with your knees slightly bent. Arms hanging down by your side. This will be your starting position.
2. Squatting down quickly then rapidly spring upwards bringing your knees up in front of you trying to get them up towards your chest.
3. Keep repeating the exercise doing as many as possible for 30 seconds.