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Self-isolation circuit stations!

In case you are going stir-crazy at home and need to get your body moving, here is a simple circuit that you can set-up at home or in the garden.

It is hard to prescribe exercises which are universally appropriate for everyone, so I have tried to add variations to allow for your body, your current fitness level, your exercise experience and the equipment/space/time you have available. So hopefully I've also removed all of your potential excuses too?!

Basically you will have four 'isolation-stations' although they may all be in exactly the same place, so you won't need to move between them as you would in a class. If you have room, feel free to set up four separate areas for each type of activity.

- [station 1](#) is all lower body exercises – these can be done without any equipment, but feel free to hold dumb-bells or a kettle-bell to give you more intensity
- [station 2](#) is all upper body exercises – some with weights and some without so choose according to what you have available
- [station 3](#) is all core exercises
- [station 4](#) is all dynamic exercises to get your heart-rate up – the high impact versions (in red) might not be suitable for you so you could miss this station out altogether or do the low impact versions (in black)

Please click on the highlighted links above to see demonstrations of each exercise if you are unsure what they are.

The suggestions below are **not an exhaustive list**, but intended to give you ideas to get started.

Important disclaimer:

These exercise suggestions are aimed at regular tmf clients who have been screened via my health questionnaire. They are generally suitable for everyone. However, if you are new to exercise, have any pre-existing conditions or have any health concerns please seek medical advice or professional guidance before embarking on a new exercise routine.



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Station 1 suggested exercises	Station 2 suggested exercises
Squats	Wide push-up – incline/box/knees/full
Side lunges	Diamond or narrow push-up
Alternate curtsy lunges	Triceps roll-back
Split squats	Batman!
Clock lunges	Breast-stroke prep
Forward/reverse lunge repeater	Alternate thread needle
Squat & pulse x 3	Biceps curl (<i>with weight</i>)
Curtsy lunge > wide squat	Upright row (<i>with weight</i>)
Deadlift	Bent over row (<i>with weight</i>)
Shoulder bridge	Triceps kick-back (<i>with weight</i>)

Station 3 suggested exercises	Station 4 suggested exercises
Bicycle crunches	Step ups OR jog up and down
Plank hold	Alternate knee lifts OR jog on the spot
Abs curl	Reverse toe taps OR spotty dogs
Plank with toe tap	Step toe taps (low or high impact)
Leg scissors – lateral or vertical	Body builder OR burpees
Single leg pull	Squat & reach OR jump squats
Supine leg slide	Alternate side taps OR jacks
Knee rolling	Squat out & in OR power jacks
Alternate leg drops	Kneel / stand (no high impact option?)
Plank knee (opposite or same side)	Duck-under squats OR skaters



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How to create your self-isolation circuit:

One of the reasons it is so hard to put together a filmed circuit is that there are literally hundreds of ways you can put it together, and how I like to train might not be how you like to train. Basically you can't go wrong so long as you're using good movement techniques and keeping moving! However, find some thoughts [here](#) and below:

1. Watch the videos if you're not sure how to do the exercises – there is a separate video for each station
2. Decide how long you want to exercise for
3. Put on your workout clothes but keep your feet bare if you can
4. Decide how long you want to do each move for – do whatever feels best for you on the day. You could:
 - a. set a timer (eg 60 seconds each move)
 - b. or do a set number of repetitions of each move (eg 10 reps)
 - c. or do each move until you don't want to any more (this is a good way to vary your workout with harder and easier exercises (eg you might be able to do 30 squats, but only able to do 3 push-ups!))
5. Pick your exercises depending on how you feel that day. You could:
 - a. choose an equal number of exercises from each station (more exercises with fewer rounds, or fewer exercises with more rounds)
 - b. focus on one specific station for your whole circuit (eg. lower body today, upper body tomorrow, core the day after, heart-rate whenever!)
 - c. focus on two stations for your whole circuit (eg. lower body and core, upper body & heart-rate)
 - d. choose exercises based on equipment (eg. do body-weight exercises today, use weights if you have them tomorrow)
6. Get ready for your circuit with a few minutes of gentle movement – you could do easy versions of all your chosen moves for the first round to get your body fully primed
7. Keep repeating your chosen exercises until your time is done
8. Listen to your body & rest if and when you need to – it's not a competition!
9. Ease off gently at the end with some simple mobility moves or stretches

I hope this will help you to keep moving during self-isolation – but if you're feeling poorly, please save it until you feel better and can enjoy it more Jx