



# Wellness unLAOISed

## Level 3 – Advanced Resistance Exercise Circuit



SPÓRT ÉIREANN  
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Please do a warm-up of your choice for at least 10 minutes prior to completing the exercises in this circuit. Scan this QR code to watch a 10-minute warm-up video.



Scan the QR code beside each exercise on this circuit to see a demonstration of the correct technique.

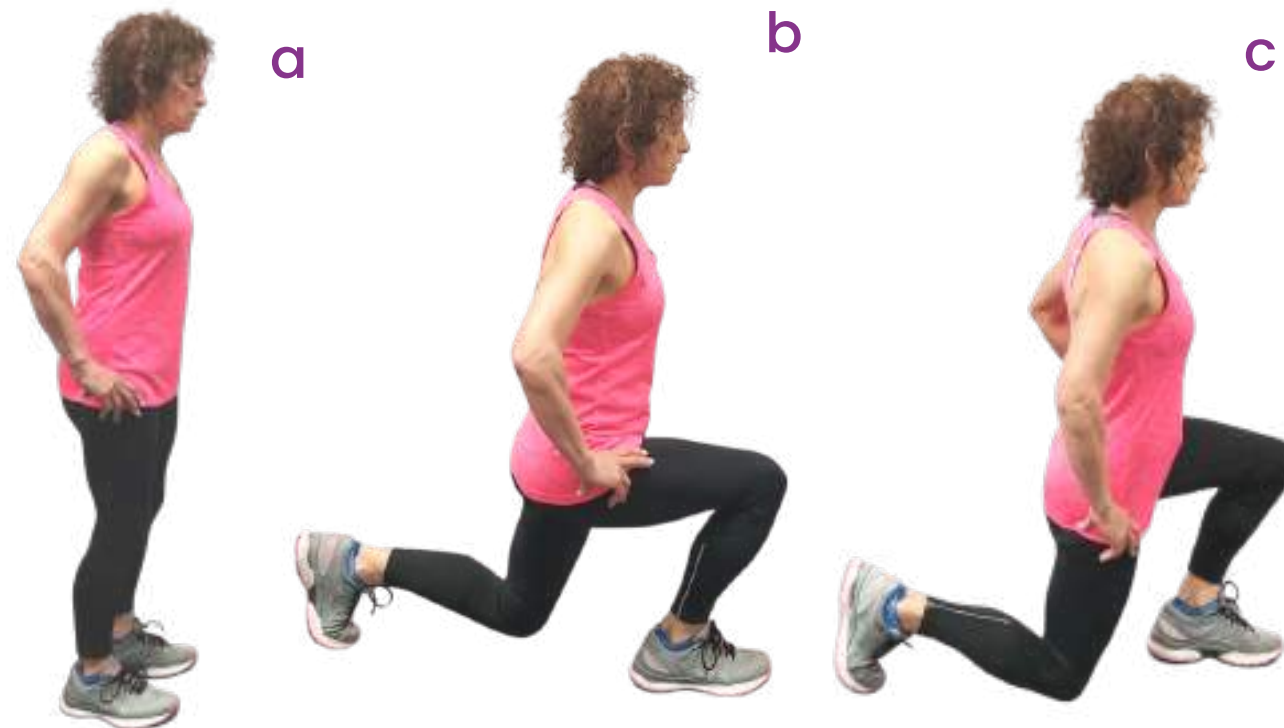
# Resistance Exercises | Time 30–60 seconds

1. Side-to-side Push-Up
2. Walking Lunge
3. Tipping Point
4. Pike Press-Up
5. Single-Leg Squat
6. Plank Row
7. V-Sit with Elbow to Floor
8. Wide Plank
9. Back Extension
10. Walking Squat

### 1. Side-to-side Push-Up



### 2. Walking Lunge



### 3. Tipping Point



★ Green star indicates that you must remember to work both sides of the body

# Resistance Exercises | Time 30–60 seconds

Level 3

## 4. Pike Press-Up



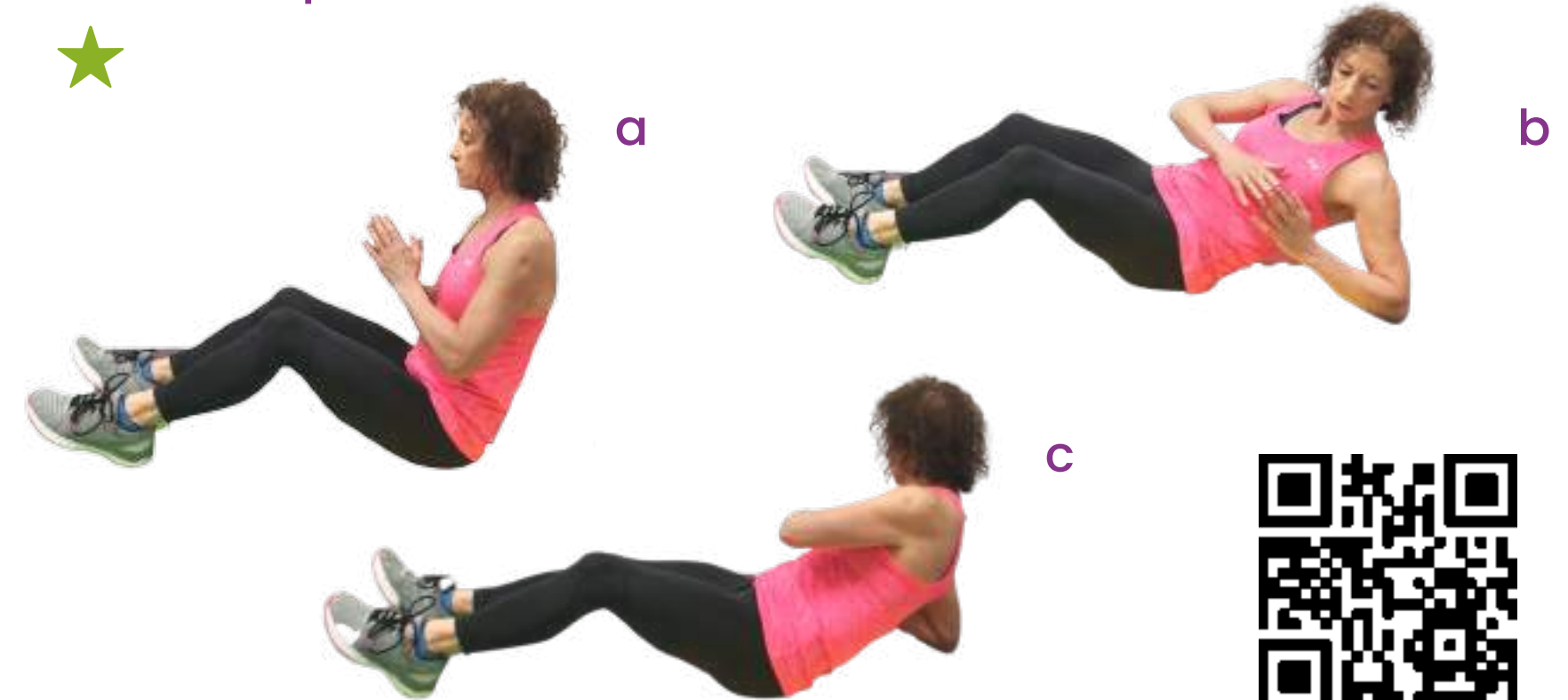
## 5. Single Leg Squat



## 6. Plank Row



## 7. V-Sit Up with Elbow to Floor



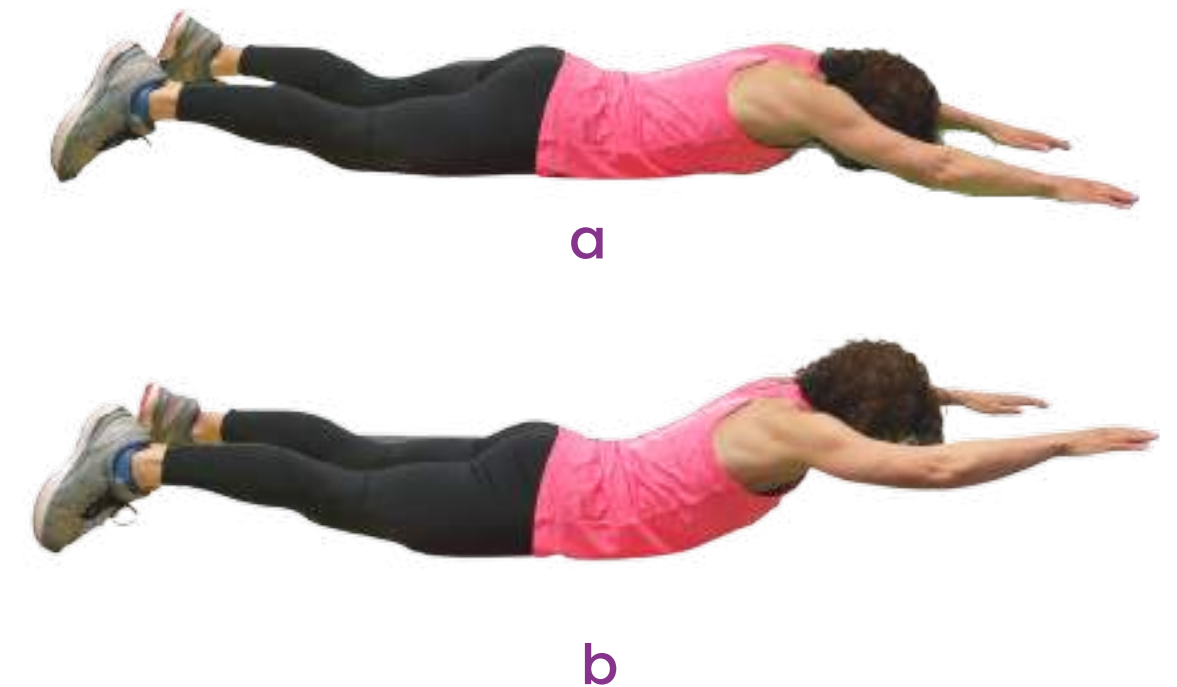
★ Green star indicates that you must remember to work both sides of the body

# Resistance Exercises | Time 30–60 seconds

## 8. Wide Plank



## 9. Back Extension



## Level 3

## 10. Walking Squat

