

PETROS

Resilience for Life



Be Kind To Your Mind

Episode 7

Cognitive Skills – Physical Exercises

A Petros Production

With

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Physical exercise session for:**Cognitive Skills.****TOTAL BODY COMPLEX**

LOWER BODY COMPLEX

SETS: 3

REPS: 8

Front Lunge w/ DB Press . Side Lunge w/ Curl . Drop Step Lunge w/ Diagonal
Reverse Chop

Description: To perform this lower body complex begin with a pair of dumbbells held at shoulder height. Step forward into a right leg lunge and simultaneously press the dumbbells up overhead. Step back to a standing position and repeat to the left side with the left leg. Return to standing and proceed to a side lunge out to the right side while simultaneously curling the dumbbells as in a regular biceps curl, repeating the next movement in the sequence again to the opposite side. Finally, drop back with the right foot into a drop step lunge to an angle halfway between straight behind you and straight out to your right side (about the "4" position on a clock). On return to standing you will want to swing and press the dumbbells overhead and across your body. Repeat once more on the opposite side using the left leg. This entire movement sequence is considered one rep. Complete as described for the prescribed number of reps each set.



UPPER BODY COMPLEX

SETS: 3

REPS: 8

DB Pullover . DB Bench Press . DB Triceps Extension. DB Crunch

Description: start by laying on a flat bench holding a dumbbell in each hand and the arms straight and outstretched over your chest. Begin by lowering the dumbbells behind the head into a pullover (being sure to stop their descent just about at head level or slightly below) then bringing them back to the top of the bench press position (where you will then perform a single rep of a flat bench press), after which you will perform a DB Triceps Extension from the finish position of the bench press, and finally conclude the complex by performing a crunch (where you'll attempt to clear the shoulder blades from the bench/floor) as you return the dumbbells from the bottom of the Extension. The arms will be held straight up as you do this last crunch. Continue this 4 part rep sequence without rest as you complete the prescribed number of reps for each set.



CORE COMPLEX

SETS: 3

REPS: 8

"21" Crunch . Heels to the Heavens . V-Up. Hands Free Tuck

Description: Lie on your back with your hands stretch back behind your head on the floor and your legs held off the floor at an approximately 45 degree angle. From here, begin the complex by simultaneously crunching your torso off the ground (making sure to clear your shoulder blades) and reaching towards your raising right leg. Drop back to the starting position and repeat to the left leg. Once this is done you'll move immediately into a rep of heels to heavens by placing your hands down at your sides and curling your hips back towards your head as you press your feet straight up to the ceiling. Next, after your legs return to the starting position you'll want to crunch the upper torso to perform a V-up. Finally, while balancing on your tailbone in the "V" position, you'll perform a knee tuck in and out (without the use of your hands) as you immediately drop back into the next rep of the complex (beginning yet again with the 21 crunch). Continue to complete each portion of this giant-rep for the prescribed number of reps in the complex.





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