

FREE

The Female Fitness Academy

PUSHCHAIR CIRCUIT

Below you will find a breakdown of each exercise from our
FREE Pushchair Circuit

Exercises- Repeat Circuit x 3-4

Image

Warrior

x10

- *Don't push down on the pushchair handle
- *Inhale to prepare
- *Exhale and slowly hinge at the hip, gliding the pushchair away from the body
- *Wrists, Shoulders, Hips, Knees & Ankles in line
- *Brace abdominals & engage pelvic floor



Glute Kick Backs

x10

- *Hands gently resting on the handle (not pushing down)
- *Stand in neutral posture
- *As you walk forward with one leg, allow the back leg to extend behind and squeeze the bum cheek (Glutes)
- *Bring that leg forward in normal walking gait, extend the opposite leg behind and repeat.



Reverse Lunge

x10

- *Stand in neutral posture
- *Hands gently resting on handle (not pushing down)
- *Take a step back
- *Lower body in a downwards direction
- *Front knee stays over the toes
- *Back knee is directly below the hip
- *Spine stays in a tall, neutral position



Knee Raises

x20

- *Stand in neutral posture
- *Lengthen through the top of the head
- *Hands just resting on handle (not pushing down)
- *Inhale to prepare
- *Exhale, brace abdominals, engage pelvic floor and lift knee to hip height.

