

Audio	Visual
Music	10 home-based exercises
	To strengthen and tone your muscles. No equipment needed. A mat is useful for floor exercises.
	There is a man showing how to do squats and text appears saying: Squats 5 sets of 10 reps. Coaching tip: To make squats easier widen your stance. Place feet shoulder width apart, slightly bend the knees, push your hips back and your bottom out. Ready to go.
	There is a man showing how to do press-ups and text appears saying: Press-ups 5 sets of 10 reps. Down onto the mat onto your knees, hands in front (make sure your hands are just below your shoulders). Lean forward and squeeze back up.
	There is a man showing how to do calf raises and text appears saying: Calf raises 5 sets of 10 reps. Coaching tip: If you have any balance problems, it's advisable to hold onto the wall or a table during the exercise. Feet close together, slightly bend your knees, keep your back straight. Go up onto the balls of your feet and slowly back down.
	There is a man showing how to do planks and text appears saying: Plank 5 sets of 20-30s. Knees onto the mat, hands in front, go down onto your elbows, keeping your body straight. Hold this position ~30s. Advanced Version: Stay on your elbows but this time put your legs straight up and hold the body horizontally.
	There is a man showing how to do the superman and text appears saying: Superman 5 sets of 10 reps. Knees onto the mat and hands in front. Lift one arm forward and the opposite leg back, alternating sides.
	There is a man showing how to do bridges and text appears saying: Bridges 5 sets of 10 reps. Lie down on the back, keep your

	<p>back flat on the floor. Make sure you've got a triangle with your legs. Place your hands on the floor. Lift the hips off the floor hold and then lower slowly down.</p>
	<p>There is a man showing how to do lunges and text appears saying: Lunges 4 sets of 10 reps, for each leg. Put one foot in front of the other, make sure that your back leg is in line, keep your chest flat and back straight. Bend the back leg as far as you can and then squeeze back up.</p>
	<p>There is a man showing how to do back extensions and text appears saying: Back extensions 5 sets of 10 reps. Lie down on the floor on your front, lift your upper body, keeping your legs on the ground. Lower the upper body again.</p>
	<p>There is a man showing how to do the child's pose and text appears saying: Child's pose for 30s. Knees onto the mat, bring your hips to your heels. Rest your belly on your thighs and actively stretch your arms forward.</p>
	<p>There is a man showing how to do chest opener and text appears saying: Chest opener for 30s. Interlace your fingers behind your back. Stretch your arms and open your chest forward. Hold this position 30s.</p>
	<p>The Sanofi logo and the references appear.</p>