

EXERCISING ONBOARD

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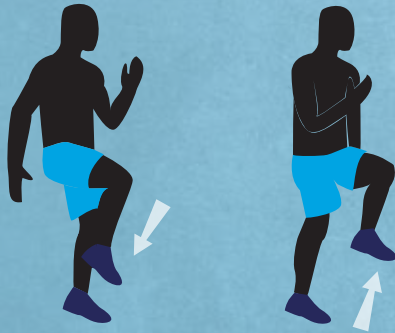
Regular exercise has many benefits for body and mind. It helps fight problems such as heart disease and obesity whilst boosting the immune system. Chemicals released in the brain during workouts increase feelings of happiness helping to combat stress, isolation and loneliness. Exercise also helps us sleep better and boosts energy levels when awake.

This circuit routine has been designed for those who work onboard and requires no equipment. Done regularly, the benefits can be life changing.

SPEND 45 SECONDS ON EACH EXERCISE, WITH A 15 SECOND BREAK IN BETWEEN.

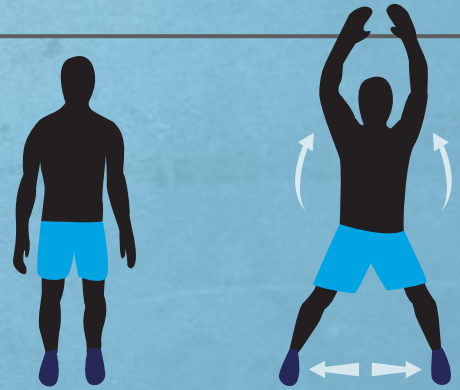
1

RUNNING ON THE SPOT



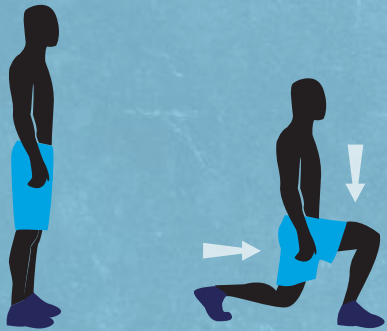
BEGIN WITH A WARM UP

JUMPING JACKS



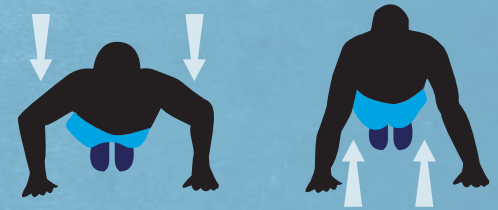
2

LUNGES



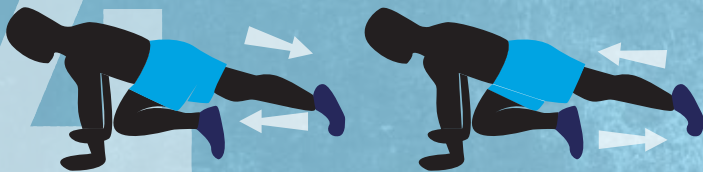
3

PUSH UPS



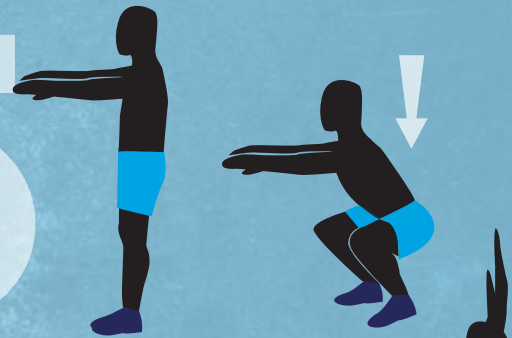
4

MOUNTAIN CLIMBERS



5

SQUATS

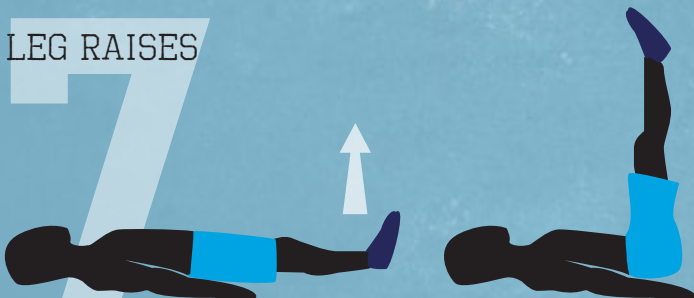


6

BURPEES



LEG RAISES



8

PLANK

