

# Marie Murphy Health & Fitness

Consultant Exercise & Nutrition Specialist

Former Irish Olympian

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## Murphy (METs) Programme

Get moving with this 10 minute workout

Are you looking to ease into getting in shape? This 10 minute resistance training routine can start you on the path to better health. But before starting this training plan, talk with your doctor if you've been sedentary for a long time or you have serious health issues.

The 10 exercises below (5 upper & 5 lower body) are an introduction to the Murphy (METs) Programme. When starting this training plan you first need to learn the proper technique for each exercise (good posture, alignment, range of motion etc.). Choose weights that are light enough that you can lift 10 repetitions for each exercise (example 500ml water bottles or 2 cans of Heinz soup).

The first 3-6 weeks you are conditioning your body, working on range of motion for each exercise and getting familiar with the routine. Again the goal is to have proper technique for each exercise. As a safety precaution weights are not increased during the first 3-6 weeks (upper body routine) however, once you have accomplished the proper technique an increase in repetitions can apply. No weights are applied for lower body routine until first 6 weeks has been accomplished.

To meet the physical activity level recommended for healthy adults, try to do this training plan twice a week:

Week	Upper body Routine	Repetitions	Lower body Routine	Repetitions
1-3	500ml water bottles or Heinz soup	10	No weights	10
4-6	500ml water bottles or Heinz soup	15	No weights	15
7-10	500ml water bottles or Heinz soup	20	1.5lbs ankle weights	10
11-13	1kg	15	1.5lbs ankle weights	15
14-16	1kg	20	1.5lbs ankle weights	20

For more information on the Murphy (METs) Programme please visit the Health & Fitness section at [mariemurphyhealthfitness.com](http://mariemurphyhealthfitness.com) or email Marie at [murphyprogramme@gmail.com](mailto:murphyprogramme@gmail.com) to schedule a consultation.

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**1 Up-right row:** Standing with knees slightly bent, stomach contracted, back straight... Arms extended with slight bend at elbows. Dumbbells touching together resting on thighs. Lift dumbbells up and under your chin. Dumbbells close to the body as you move them up, elbows drive the motion. Lower dumbbells to starting position and repeat.



**2 Bicep Curls:** Standing with knees slightly bent, stomach contracted, dumbbells by your side. While keeping elbows in-line with your waist turn your wrists and lift the weights up towards your shoulders, elbows remain by your sides; slowly control the weights back down towards each side of your body and repeat.



**3 Triceps Extension:** Bend to a 45-degree angle, knees bent, elbows bent and dumbbells each side of your chest. Back straight, stomach contracted and elbows in-line with your back. Extend arms upwards behind your back turning your wrists and raising the dumbbells to a comfortable height. Your back should not move throughout the exercise. Slowly control weights back to starting position and repeat.



**4 Lateral raises:** Stand with knees slightly bent, back straight, stomach contracted hands turned inwards, dumbbells resting on top of thighs. Raise your hands outwards and upwards from your body. Elbows should rise no higher than shoulder height and elbows should remain in-line with your shoulders. Slowly lower the weights back down in front of the body and repeat.



**5 Front arm raises:** Stand with knees slightly bent, back straight, stomach contracted. Arms extended hands resting on top of thighs. Raise dumbbells up to the level of shoulders, keeping arms straight and dumbbells touching each other. Slowly control the weights back down to starting position and repeat. Make sure you do not rotate backwards or forwards during the exercise.



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**6 Rear leg lifts:** Stand with two feet slightly apart holding onto something secure (chair, rail etc.). Keeping one leg on the ground raise opposite leg up behind your back to a height that feels comfortable. Keep your back straight and stomach contracted through the range of motion, Prevent any rotation with your shoulders. Lower leg to the ground and repeat.



**7 Side leg lifts:** Stand with two feet slightly apart holding onto something secure (chair, rail etc.). While keeping one leg on the ground raise the opposite leg out to the side to a height that feels comfortable to you. Keep your back straight at all times, shoulders in line with your hips and stomach contracted. Lower leg to the ground and repeat.



**8 Front leg raises:** Stand with two feet slightly apart holding onto something secure (chair, rail etc.). While keeping one leg on the ground raise the opposite leg up in front of you to a height that feels comfortable. Back should remain straight through the range of motion and stomach muscles contracted. Lower leg to the ground and repeat.



**4 High knee raises:** Holding onto something secure (chair, rail etc.) bend one knee in front of you (knee over your foot) and extend the other leg behind you. Keeping the back straight bring the extended leg up in front of you (hip height) while rising up on the ball of the foot of the supportive leg. Lower leg to starting position and repeat.



**5 Squats:** Stand with two feet slightly apart, back straight, stomach contracted. Keeping the back straight lower your body to where your quads (thighs) are parallel to the ground (or to where you feel comfortable) then raise back up to starting position and repeat. Keep in mind shoulders should not go in front of your knees throughout the exercise.

