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## Progress Tracking

Progress Trackers are a great way to track your progress. I recommend repeating every 4-8 weeks, assuming you stay consistent. If you have a big change in your life, like an injury or you've had to pause for a while, start again from scratch. Comparing to your past is only useful if you've been working on your future, otherwise it can be demotivating.

## **30** Body Weight Workouts

These workouts require no equipment, except sometimes a chair/sofa/step - things you should have around the house

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## HIIT Workouts

HIIT Workouts stand for High Intensity Interval Training. These are short but punchy, you do bursts of near max effort followed by a recovery.

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## Legs Bums & Tums

You'll find these in body weight workouts too, but I decided to give them their own category. Lots of pulses in these workouts, and a big burn!

## **29** Weights Workouts

These workouts are mostly dumbbell workouts, but there is one Kettlebell and one Barbell as well. In the video descriptions when you click on them it says roughly what weights you'll need.

## **25 Core Workouts**

Workouts to train your abs, side waist, back and booty. Most are floor workouts unless it says FIT, is a 60 in 60 or 30 in 30 or the 500 rep challenge.

## **11 Booty Workouts**

Workouts to train the butt! Always a burner, strong glutes are important for so much in life, so don't miss out on these. If it says banded you'll need resistance loops.

## **7 Beginner Workouts**

All my workouts I cater for all levels, but I wanted to make a few specifically for beginners, so there is always something that feels safe to start with. The 10 minute videos below are also ideal for beginner exercisers.

## **15 10 Minute Workouts**

Short videos to get the body going, the heart pumping and to move your body. Ideal for people wanting to get up and move in the day or for beginners.

## **3 Chair Workouts**

When my Mum and a client had foot injuries I made these so they could still exercise. Can absolutely be done by anyone though.

## **5 Skiing**

Every ski holiday I'm asked to run through a stretch. I thought, I bet there's a few people out there that might benefit, so I made a video! Have added some lower body workouts too to help with strength work before a ski holiday ☺

## **23 Running Workouts**

These are for runners. It includes mini warm up and cool down, strength required for running, foam rolling, some yoga I did specifically for runners, and then of course some actual run workouts where you run with me in your ear and I coach you through.

## **10 Cycling Videos**

I added stretching videos for commuters, and then some spin type videos. A few I did to music, and playlists can be found, but then found it's easier to do a set time after that.

## **7 Foam Rolling**

Foam rolling can help increase blood flow and oxygen to muscles, can aid recovery in muscle soreness and tightness and can even help maintain normal muscle length. You'll need a foam roller (I recommend trigger point) and maybe a ball/massage ball.

## **17** Injury Prevention

I wanted to make videos for when clients get injuries. I'm not a physio though so if any injuries persist after 10 days please make sure you see a specialist, but these might be helpful for mini niggles and also for everyone for preventative measures. The strength for runners is great for anyone with foot, ankle, shin, hip, knee pain as well, which is why they're in here.

## **3** Pelvic Floors

Most my life I've been hearing about strengthening pelvic floors and doing kegels. It is important. But I'm learning much more recently how important it is for them to relax, and that so many of us have too tight pelvic floors, leading to pelvic pain, tight jaws, back pain, bladder issues. I've got strengthening and 2 videos for relaxing as well. Super important for us to all do.

## **15** Yin Yoga

Yin yoga is where you hold poses for up to 5 mins (or longer!). You'll need bolsters or a butt load of pillows. These are great for flexibility, but also allowing your mind and nervous system to relax. Ellie thinks it should come with a warning - she always falls asleep!

## **20** Vinyasa Yoga

Vinyasa is yoga that flows. Some are called mobility from before I was qualified. There are lots of different focuses and lengths to choose from.

## **18 Breathing Videos**

Yogi breathing, or breathing to relax or energise (breath of joy and Kapalbhathi is for lifting energy, the others are for winding down). The power of breath in my opinion is fascinating, so don't miss these out

## **8 Morning/Evening Mobility**

A gentle routine you can do when you wake up in the mornings. By the end your energy will lift and you'll be ready to take on the day - who needs coffee anyway?

## **15 10 Minute Mobility**

Short videos to move the body and stretch out., again often yoga inspired but not always

## **35 Stretching/Mobility**

Lots of these videos are yoga inspired, but not always. I've also added one for if bunged, where the head doesn't go down, and one for if you can't use your wrists (just check the titles to see which ones!)

# 15 Festive/Themed Videos

Videos of different genres for Christmas, Easter, your birthday and Halloween. If you fancy a themed workout!