

School Closure Exercise Advice & Useful Links

We all know that exercise is important and that it has health benefits, while schools are closed you need to keep up your studies and get the work posted done, but no one can, or should, sit and study all day, you need brain breaks, active breaks and planned/ scheduled exercise. We are aware that a lot of you can't go to the gym or swim as all the facilities are closed, but there are lots of things that we can do to keep our bodies active and give our heads that space needed when there's so much going on that it would 'wreck your head'!

Try a simple home workout – no equipment needed, body resistance is enough, but if you have weights, or tins of beans, or empty water bottles filled with sand/ stones add them in to increase the intensity (make it harder!) ...

Go online and try some of the following, who knows you may find your form of exercise...

EXAMPLES BELOW..... TRY THEM OUT.....

Always warm up and cool down, and don't forget to stretch!

Drink Plenty of water, eat healthy foods and snacks and Be Safe as you exercise!

Warm Up Activities:

- 2min jog on the spot
- 30 sec heel flicks
- 30 sec high knees
- 1 min jog on spot
- 10 secs quick feet on the spot
- 20 sec jog on the spot
- 10 sec quick feet on the spot
- 20 sec jog on the spot
- 10 secs quick feet on the spot
- 20 sec jog on the spot
- 10 sec quick feet on the spot
- 1 min jog on the spot
- 30 sec arm rotations each direction

OR

- Jump rope: 2-3 minutes
- Jumping jacks: 25 reps
- Body weight squats: 20 reps
- Lunges: 5 reps each leg.
- Hip extensions: 10 reps each side
- Hip rotations: 5 each leg
- Forward leg swings: 10 each leg
- Side leg swings: 10 each leg
- Push ups: 10-20 reps
- Spider-man steps: 10 reps

Cool Down: Jog for 2-3 mins & stretch

Stretch: quad muscles, hamstring muscles, calf muscles, shoulder muscles, triceps, biceps, lower back

CIRCUIT OPTIONS: alternate circuit days with cardio days

NO. 1 – Beginner

- Jumping jacks – 20 reps
- Sit ups 10 reps
- Jog on the spot – 20 sec
- Press ups – 10 reps
- Scissor jumps – 20 reps
- Tricep dips – 10 reps
- Jog on spot – 20 secs
- Squats – 10 reps

Rest for 2 mins, repeat x 2

NO.2 – Easy - Moderate Difficulty

- Bodyweight squats: 20 reps
- Push-ups: 10 reps
- Walking lunges – 10 each leg
- Dumbbell rows: 10 each arm.
- Plank: 15 seconds
- Jumping jacks: 30 reps

Have 2 min walking rest and repeat x 2

No.3: Easy - moderate

- Alternating step-ups: 20 reps (10 each leg)
- Elevated push-ups: 10 reps
- Swing rows: 10 reps
- Assisted lunges: 8 reps each leg
- Bent leg reverse crunches: 10 reps

Rest for 2 mins, repeat x 2

No.4: moderate

- Bench jumps: 10 reps
- Lower incline push-ups: 10 reps
- Body rows: 10 reps
- Lunges: 8 reps each leg
- Straight leg reverse crunches: 10 reps

Rest for 2 mins, repeat x 2

No. 5 – if you have a kettlebell (or without for low intensity)

- Halos: 8 reps (each side)
- Goblet squats: 10 reps
- Overhead presses: 8 reps (each side)
- Kettlebell swings: 15 reps
- Bent Over Rows: 8 reps (each side)
- Front rack reverse lunge: 6 reps (per side)

Rest for 2 mins, repeat x 2

No. 6 – Advanced!

- One legged squats – 10 each side
- Body weight squats: 20 reps

- Walking lunges: 20 reps (10 each leg)
- Jump step-ups: 20 reps (10 each leg)
- Pull-ups: 10 reps
- Dips (can do between stools): 10 reps
- Chin ups: 10 reps
- Push-ups: 10 reps
- Plank: 30 seconds

Active Rest for 2 mins, repeat x 2

If you're not sure of an exercise go to YouTube and learn it!

If you can't do an exercise replace it! – try to use the same muscles or do a short shuttle run or jog on the spot for 30 sec, or stretch for 30 sec

Cardio Sessions: you can choose to walk, jog or run. Go outside but if with a friend remember social distancing is important

1. 30 mins easy pace
2. 25 mins moderate pace
3. 10 mins easy pace, 10 mins fast pace, 10 mins easy pace

Some links to exercise sessions on YouTube, Intensity Workouts are great too

Zumba:

<https://www.youtube.com/watch?v=4Eeah6JGVLc>

https://www.youtube.com/watch?v=9_MxwQw10RI

Yoga:

https://www.youtube.com/watch?v=b1H3xO3x_Js

<https://www.youtube.com/watch?v=4pKly2JojMw>

<https://www.youtube.com/watch?v=3Elmwad8XDI>

Pilates:

<https://www.youtube.com/watch?v=RDQmnzuE2q4>

<https://www.youtube.com/watch?v=ObCDRGuXGUA>

Full Body No Equipment Workout:

<https://www.youtube.com/watch?v=uyFjMupl5B0>

<https://www.youtube.com/watch?v=JWy2-Dz7vJo>

Movement Break Workouts – 5 Minute Workouts:

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

<https://www.youtube.com/watch?v=SbFqQarDM50>

<https://www.youtube.com/watch?v=fAUckPMJKSY>

<https://www.youtube.com/watch?v=rN0h6EZd6TM>

<https://www.youtube.com/watch?v=pnKCGY9ZocA>

Mindfulness & Meditation

<https://www.youtube.com/watch?v=inpok4MKVLM>

<https://www.youtube.com/watch?v=QTsUEOUaWpY>

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>