

Lock Down Fitness Programme



TIPS FOR WORKOUTS

- Always do a warm-up before workout.
- Always do a cool down after workout
- Try to drink 2 litres of water a day
- Take photos or videos of workouts
- Download a running app to your phone and send us the image of the completed run
- If you do not understand the exercises, look for them on YOUTUBE.

WEEK 1 WORKOUT (Week beginning: 20/04/20). *These are suggested work outs, you may change the days of exercise and rest and run to suit.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Set 1 30 Jumping Jacks 15 Push ups 30 Squats 30 Leg raises</p> <p>Set 2 20 Jumping Jacks 15 Push ups 20 Squats 20 Leg Raises</p> <p>Set 3 20 Jumping Jacks 15 Push ups 20 Squats 20 Leg Raises</p> <p>Set 4 20 Jumping Jacks 10 Push ups 10 Squats 10 Leg Raises</p> <p>Set 5 20 Jumping Jacks 5 Push ups 10 Squats 10 Leg Raises</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p>Set 1 – 6 30 Seconds Low Plank 20 Mountain climbs</p> <p><i>Repeat these exercises for 6 sets with a 40 second rest in-between.</i></p> <p>15 minute slow jog.</p>	<p>REST DAY <i>(Light exercise advised)</i></p>	<p>Sets 1 - 4 50 Jumping Jacks 10 Press Ups 20 Mountain Climbs 45 Second Wall Sits 10 Up downs</p> <p><i>30 second rest before next set</i></p> <p><i>Repeat x 4 sets</i></p>	<p>Sets 1 – 4 10 High Plank Knee-to-Elbow 30 walking Lunges 10 Flat Out Burpees 50 Punches 20 Sit Ups 10 Press Ups</p> <p><i>Repeat with no or limited rest in-between</i></p>	<p>REST DAY <i>(Light exercise advised)</i></p>	<p>30 minute Run (timed)</p>

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WEEK 2 WORKOUT (Week beginning: 27/04/20)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Sets 1-5 10 Pike Push Ups 45 Second - Low Plank 40 High Knees 45 Second - Wall Sit 15 Tricep Dips</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p>Sets 1 – 3 30 Mountain Climbs 40 Second Low Plank 40 Sit Ups 20 High Plank - Knee to Elbow</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p>REST DAY <i>(Light exercise advised)</i></p>	<p>Sets 1 - 5 30 Jumping Jacks 15 Push ups 30 Squats 30 Leg raises</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p>Set 1 15 Push ups 20 Jump Squats 10 Up Downs 60 Second Rest</p> <p>Set 2 10 Push ups 20 Jump Squats 10 Up Downs 60 Second Rest</p> <p>Set 3 15 Push ups 20 Jump Squats 10 Up Downs 60 Second Rest</p> <p>Set 4 10 Push ups 20 Jump Squats 10 Up Downs</p> <p><i>No rest in between sets Workout is continuous</i></p>	<p>REST DAY <i>(Light exercise advised)</i></p>	<p>30 minute Run (timed)</p>