

## Exercise Guidelines



It is important during the **COVID-19** that you continue to exercise daily and drink plenty of water.

As the UK currently have restrictions on social spacing, you need to be mindful of what you do and where you go and who with.

If you are a member of a local club/ team do make sure you know the arrangements for your training sessions and if they are still taking place.

Many places are closing so do keep an eye on the places you visit in your local area. This information can be found on Social Media, Nottingham Live, Local Radio, Local News.

### **Why is Exercise Important**

Daily exercise may help prevent conditions such as obesity, high blood pressure, and abnormal cholesterol levels, as well as poor lifestyle habits that lead to heart attack and stroke later in life. **Exercise on a regular basis is part of a healthy lifestyle.**

It is important that you take part in some form of physical activity whilst at home. We are not fully restricted yet so **follow the current government guidelines of what you can do in your local area.**

**We can't stress enough the importance of Exercise. You need to keep as active as possible during the next few weeks / months.**

Here a few suggestions;

- Walking
- Jogging / Running
- Local country park / parks are still open (Follow your local council and government guidelines)
- Bike Rides
- Circuits
- Bootcamp – HITT Workouts
- Bodyweight workouts at home – press ups, sits ups, squats, lunges etc
- Cardio based workouts at home – Skipping, Step, Boxing etc
- Exercise videos at home – several good workouts which 10-30 minutes in length are.

The current government guidelines are for all children to exercise for 60 mins per day. As we get closer to further restrictions, this may be impossible at home. You may need to do smaller amounts of exercise in say 10 -30-minute blocks.



Try not to just sit and watch TV, play on your phone, Xbox, PSP all day and forget about the importance of exercise and drinking plenty of water.

## Workouts at Home

Home workouts you could try:

ZUMBA - <https://www.youtube.com/user/livelovepartyTV>

Pop Sugar have a large collection of online workouts:

30 minute combat workout -

<https://www.youtube.com/watch?v=NmMRFWIokK4>

30 minutes of Strong by Zumba

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

30 minute Hip Hop Workouts

<https://www.youtube.com/watch?v=ZWk19OVon2k>

30 minute Hip Tabata

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

Yoga Stretches

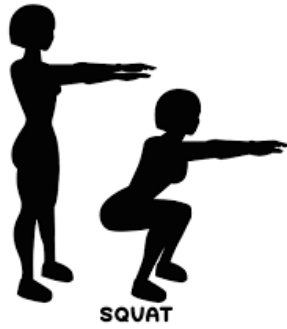
You can also make your own workouts up using a range of exercise that you have performed in your PE, Dance and Fitness lessons.

Here is an example: Choose 2-3 exercises from each block-  
***Perform Each exercise 10-12 times repeat x 3***

Lower Body	Upper Body	Cardio & Abs
Squats - Normal	Press Ups - Normal	Skipping
Lunges	Tricep Dips – Of a chair / step	Star Jumps
Side lying leg lifts	Back Rows	Burpees / Mountain Climbers
Squats – Wide Foot position	Shoulder Press	Jogging on the spot (or around garden)
Step Ups	Bicep Curls	Step ups – Bench or Bottom of stairs
Jump Squats	Lateral Raises	Shuttle in garden
Lunge and Reach R/L	Press ups - Narrow	High Knees
Lunge forward		Planks
Reverse Lunge		Sit Ups
		Sit ups - crunch
		V sit ups

If you have access to small pieces for equipment use those at home too. These are only ideas and you may come up with your own too. Also ensure you take time in your week to stretch.

Squat



Lunge



Leg Lift



Leg Lift

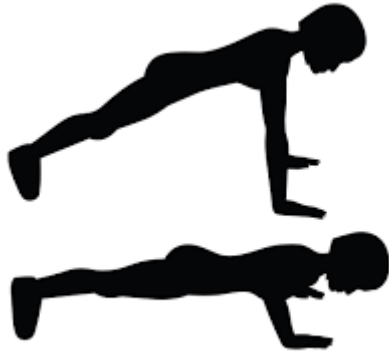


Reverse Lunge



Step Ups





**PUSH UPS**

Dumbbell Overhead  
Shoulder Press

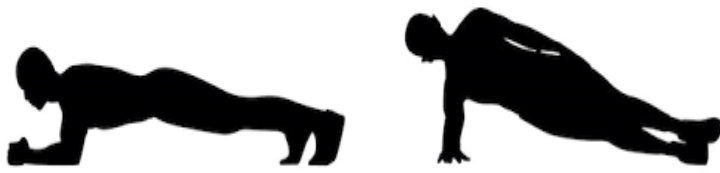


**Tricep  
Dips**



**JUMPING JACKS**





Plank



Sits ups



V Sit Up



## My Home workout Log

<u>Date</u>	<u>What I completed</u>	<u>Time</u>
16/3/2020	Hip Hop Workout	30 mins
17/3/2020	Tik Tok	30 mins