

## KEEP ACTIVE IN ISOLATION! WEEK 3

	Morning	Mid-morning	Lunch	Afternoon	Early evening (relax and stretch)
Monday	Warm up by jump headers, keeping body tall and straight can you jump and imagine heading a ball x15	Over the gate leg rotations x10 on each leg	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Repeated bridge lifts, how many can you do in 30 seconds?	How long can you hold the plank for? Keeping your back and hips low
Tuesday	March on the spot x30 seconds, rest for 5 seconds. Repeat x5 bringing knees up to hands higher you're hands the bigger the stretch.	Arm circles, start of small and each time you count on multiple of 5 get your circles a little wider.	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Boxing punches forwards alternate arms fast 20secs rest for 5 then repeat x3 sets	Chest opening exercise arms together straight out in front slowly open until open wings
Wednesday	Windmill body stretches x30 X6 sets	Can you do the bear crawl walk 5 lengths of a room or garden space?	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Arms out in front can you swing each leg up in turn and touch your palm?	Cobra yoga pose stretch legs and back breath deep and hold for 45secs
Thursday	Half jumping jacks just focusing on legs going in and out x 15 rest for 10 seconds X3 sets	Pulsing toe taps x 20 in each set x 3 sets in total	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Reverse crunches using legs. X20 rest for 10 secs X5 sets	Toe taps out in front of you, extending each leg as you tap out. 1 min
Friday	Torso rotations legs shoulder width apart x15 clockwise x15 anti-clockwise	Leg swings x 10 on each leg rest for 5 secs in between each leg and repeat x5	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Froggy squats X 10 rest 5secs x3 sets	Downward dog yoga pose help to stretch legs and back breath deep and hold for 45secs

Please remember these are short bursts of exercise to help you get up and get moving from the comfort of your own home/outdoors. It is advised to be active for 60mins per day. Have fun!