

KEEP ACTIVE IN ISOLATION! WEEK 2

	Morning	Mid-morning	Lunch	Afternoon	Early evening (relax and stretch)
Monday	Can you lunge from 1 side of a room to another or use the garden? Can you do over 25?	Hold a tin in each hand and curl arms up 1 at a time. Do 20 on each arm x3 sets	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Windmill body stretches x20 x5 sets	Yoga chair pose Hold for 1min or as long as you can comfortably focus on breathing.
Tuesday	Jog on the spot x20 seconds, rest for 5 seconds. Repeat x5 but increase speed of your jog with each set.	Hold long can you hold the wall sit for? Did you beat last Thursday's time?	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Flutter kicks x30 X 5 sets	Hold flamingo standing pose on 1 leg, can you hold for 30-45secs?
Wednesday	Chair press ups. Can you lift yourself controlled from a seated chair position so your bottom is off your chair and hold for 10/15 seconds?	Bicycle crunches – remember to extend the leg fully x30	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Russian twists with a toy in hand (not heavy) x10 twists rest for 10 and repeat for x3 sets	Stand balanced lift each leg in turn and hold for 30secs each
Thursday	Scissor jumps for 1.30 min rest for 10 seconds and repeat x3	Place a teddy behind your head while lay down, reach back for it and sit up, lower back down to place behind you and repeat x15	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	How long can you hold the plank for? Keeping your back and hips low	Shoulder rotations forwards for 20 and back for 20-steady pace.
Friday	Can you perform a controlled press up (do on knees if more comfortable) x10 press ups for x3 sets	Bring opposite elbow down to high knee and alternate x20 for x3 sets	ENSURE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Bend from waist to reach for your toes (keep knees straight) X15 bends	Happy baby yoga pose. Focus on deep breathes while holding.

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!