

KEEP ACTIVE IN ISOLATION!
WEEK 4-You are doing great!

	Morning	Mid-morning	Lunch	Afternoon	Early evening (relax and stretch)
Monday	Warm up by doing high knee marches on the spot x20 rest 10 secs x3sets	Hopping on the spot or moving around x15 hops on each leg. X 3 sets	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Squats x 10 X 3 sets	Deep breath in lift arms above head, breath out bring them down to your side X2mins
Tuesday	Star jumps (jumping jacks) continually for 2mins	Chair dips x 10 rest for 5secs and repeat x 2	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Lay down on back and reach op arm up to op leg. Can you touch your toe? X 20	Stood straight arms at your side, slide 1 arm down the body until can not reach any further hold for 20secs and repeat other side x5 each arm
Wednesday	Slow and controlled boxing punches outwards extend the arm out and bend tight back into body x30	Hold the plank keeping back and bum low with core held in	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Flutter kicks x45 rest for 15 secs and repeat x3 sets	Hold butterfly yoga pose for 1min focus on breathing
Thursday	Imaginary skipping rope jump over for x2mins non stop	Lunging with alternate legs across the length of a room x4	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Pass an object around your waist between both hands eg-teddy, toy car x20 clockwise and change to anti clockwise	Lay on back and do a thigh hug pulling leg in towards you at the knee bend. Hold 30secs do x5 each leg
Friday	Hold the wall sit, how long can you hold for? Can you beat your time from week 2?	Reverse crunches x15 each set do x 3 sets	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL!	Bicycle crunches focusing on the core of the body x 20 rest for 5secs x 2 sets	How long can you hold the yoga boat pose for?

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!



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