

## Home Fitness Ideas









It is important that you stay fit and healthy even when at home for long periods of time. Below are some ideas on what you can do in the comfort of your own home/garden to keep active.

Remember to do a proper warm up before you workout and a cool down after. It is also important to take on plenty of water (and of course wash your hands afterwards!).

Miss Leffen has included some equipment you might be lucky enough to have at home - a trampoline, for example. You can still stay active at home. Enjoy everyone.

***Mr Lines, Head of PE***

<b>On your Trampoline</b>  	<b>On an Indoor Bike</b>  	<b>With a Swiss Ball</b>  
<b>On the Stairs</b>  	<b>With a Skipping Rope</b>  	<b>On a Treadmill</b>  

Happy exercising everyone! Check our Facebook page for more ideas:  
[Facebook.com/BexleyGSPE](https://www.facebook.com/BexleyGSPE)



## Home Fitness Ideas



### **Fitness workouts**

*Try these workouts in the garden or in the house for a whole body workout!*



### **Dance workouts**

*With four different styles of dance workout, there is something for everyone to try here.*



### **Yoga , Stretching and Pilates workouts**

*If you want a gentle workout to relax your mind as well as your body, these are for you.*



### **Sports specific workouts**

*Try the below workouts for Football, Netball, Rugby and Basketball. You can do these in your garden- all you need is a ball, a wall and some markers.*



### **Walking & Running workouts**

*Here are some simple jogging and walking ideas that you can do in the garden or even in the house!*



### **Family workouts**

*Here are some workouts you can do in pairs or as a family. Remember social exercise can be great fun!*



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The sun disappearing makes that nice walk/ jog/ bike ride a bit less appealing, doesn't it? Luckily, there is still plenty you can get up to indoors, with very limited space and no equipment required. Working hard for at least 30 minutes a day is so good for you - and even better if you can do it twice. You'll be amazed how quickly you will start to feel the benefits. There are loads of workouts on our Facebook page for more ideas during the week.

**Mr Lines, PE Department**

# HOW YOUNG ATHLETES CAN MAINTAIN MOTIVATION TO TRAIN AT HOME



Get into a regular routine with training. Schedule it in using an activity planner



Get regular feedback from your coach and identify areas to keep working on



Think about a new skill which you can master over the coming days and weeks



Identify your top 5 strengths and think about how you can keep using them throughout training each week



Engage in some online team training sessions with your teammates



Stay connected with teammates and see how they are doing. This is a great way to maintain positive relationships



Focus on the things that are in your control (your thoughts, feelings and behaviours)



Take regular breaks. Try not to put too much pressure on yourself to train all the time. It is important to find time to rest and recover



Reward yourself for mastering a skill or completing sessions



@BELIEVEPHQ





## Home Fitness Ideas

# SPELL YOUR NAME

## & DO THE WORKOUT!

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**A :** 15 PUSHUPS

**B :** 50 JUMPING JACKS

**C :** 20 CRUNCHES

**D :** 10 BURPEES

**E :** 60-SECOND WALL SIT

**F :** 20 ARM CIRCLES

**G :** 20 SQUATS

**H :** 30 JUMPING JACKS

**I :** 60-SECOND PLANK

**J :** 20 MOUNTAIN CLIMBERS

**K :** 40 CRUNCHES

**L :** 12 BURPEES

**M :** 15 SQUAT JUMPS

**N :** 10 PUSHUPS

**O :** 20 LUNGES

**P :** 10 TRICEPS DIPS

**Q :** 20 JUMPING JACKS

**R :** 60-SECOND PLANK

**S :** 30 BICYCLE CRUNCHES

**T :** 60-SECOND WALL SIT

**U :** 40 HIGH KNEES

**V :** 30 SQUATS

**W :** 15 TRICEP DIPS

**X :** 10 MOUNTAIN CLIMBERS

**Y :** 12 JUMPING LUNGES

**Z :** 30 CRUNCHES