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Exercise Plan:

Cardio

Upper Body

Lower Body & Core

Session 2

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General Advice

This resource should be used as a guide only, and you should only ever complete the exercises you feel comfortable completing. You know your own body, so make sure you are exercising in a way that is safe and sensible.

Key Terms:

- Repetitions (reps): Doing the same movement/exercise multiple times. I.e. 10 reps means to complete the exercise 10 times continuously.
- Sets: One group of repetitions is referred to as a 'set'. You may wish to complete multiple sets of an exercise, i.e. 2 sets of 10 reps would mean doing an exercise 10 times, resting, and then 10 times again.
- Routine or Workout routine: A combination of reps, sets and exercises completed in one session.
- Circuit: A combination of a number of different exercises to be completed one after the other.

You can combine multiple exercises in to one 'workout routine', or just complete them individually. To increase physical exertion, you can complete as many repetitions of the exercise as you are comfortable doing. If you want to get more of a cardiovascular workout, combine multiple repetitions in a circuit with multiple exercises and limit the rest time in between exercises. This will get the heart rate up, and also work the associated muscles at the same time.

We have not included information on exercising that can be done outside, but be sure to go for walks, runs or bicycle rides as long as the government advice allows it. When outside, be sure to practice social distancing and do not go outside in groups.

Disclaimer

If you have a medical condition or are taking medication you should consult your own doctor before conducting activity. When participating or conducting any of the exercises or activities laid out in this resource, there is a possibility of injury. If you engage with this resource you agree that you are doing so at Your own risk, that you are voluntarily participating in these activities, and agree to release and discharge Gloucestershire FA from any and all claims or causes of action, known or unknown, which may result from these exercises.

Cardio	Time/Reps	
	EASIER	**MODERATE**
Stepovers	30 seconds	60 seconds
Burpees	30 seconds	60 seconds
Press-ups	(incline) 30 seconds	(decline) 60 seconds
Jumping Lunges	30 seconds	60 seconds
Toe Taps	30 seconds	60 seconds
Plank	30 seconds	120 seconds
	COMPLETE TWICE	**COMPLETE 3 TIMES**

Take a 90-second rest between each circuit

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Plank
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Burpees
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Jumping Lunges
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Upper Body	Exercise	Repetitions and Sets		
		EASIER	MODERATE	HARD
	One Leg Press-up	5 x 3	8 x 3	12 x 3
	Rotational Press-Up	(knees) 5 x 3	(knees) 8 x 3	(Press-Up position) 8 x 3
	Incline Press-Up	(knees) 8 x 3	(knees) 10 x 3	(resting on toes) 12 x 3
	Chair Dips	10 x 4	15 x 4	(Weight on lap) 20 x 4
	Shoulder Press	(seated) 10 x 4	(standing) 15 x 4	(standing) 20 x 4 (with 10kg)
	Bicep Curls	12 x 3	20 x 3	20 x 3 (with 10kg)

Take a 90-second rest between each circuit

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Lower Body & Core	Exercise	Repetitions and Sets		
		EASIER	MODERATE	HARD
	Side Plank	20 seconds x 2	30 seconds x 3	45 seconds x 3
	Russian Twist	20 x 2	20 x 3	30 x 2
	High Lunges	10 x 3	12 x 3	15 x 4
	Calf Raises	10 x 3	12 x 3	15 x 4
	Leg Raises	(bent knee) 10 x 3	12 x 4	15 x 4
	Goblet Squats	10 x 3	15 x 4	20 x 4

Take a 90-second rest between each circuit

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