



Exercise Plan

Session 1



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.



Sit to Stand
Page 05



Squats
Page 05



Press Ups
Page 07



Sideways Leg Lift
Page 06



Leg Raises
Page 06

Bicep Curls
Page 07





Home of Football



Wall Press Ups
Page 07



Shoulder Press
Page 08



Step overs
Page 09



Lunges
Page 06



Toe Taps
Page 09



Side to sides
Page 09



	Exercise	Repetitions and Sets		Cardio	Time/Reps	
		EASIER	MODERATE		EASIER	MODERATE
	Sit-To-Stand	5 reps x 3 sets	10 reps x 3 sets	Stepovers	20 seconds	30 seconds
	Sideways Leg Lift	5 each leg x 3 sets	10 each leg x 3	Wall Press-Ups	8 reps	12 reps
	Squats	(With Chair) 5 x 3	(Without Chair) 8 x 3	Shoulder Press	8 reps	12 reps
	Leg Raise	5 reps x 3 sets	10 reps x 3 sets	Side-to-sides	20 seconds	30 seconds
	Press-Up	(Wall Press-Up) 5 x 4	6-8 x 4	Lunges	5 reps each leg	10 reps each leg
	Bicep Curls	8 each arm x 4	15 each arm x 4	Toe-Taps	20 seconds	30 seconds
					COMPLETE TWICE	COMPLETE 3 TIMES

Take a 90-second rest between each circuit