



Exercise Plan

Session 2



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.



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Chair Dips
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Shoulder Press
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Calf Raises
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Lunges
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Session #2	Exercise	Repetitions and Sets		Cardio	Time/Reps	
		EASIER	MODERATE		EASIER	MODERATE
	Lunge	5 (each leg) x 3	10 (each leg) x 3	Toe-Taps	20 seconds	30 seconds
	Calf Raise	(Two legged) 10 x 4	(One Legged) 10 x 4	Sit-to-stand	6 reps	10 reps
	Squats	(With Chair) 5 x 3	(Without Chair) 8 x 3	Stepovers	20 seconds	30 seconds
	Shoulder Press	(Seated) 6 x 3	(standing) 10 x 3	Squats	6 reps	10 reps
	Chair Dips	5 x 3	10 x 3	Leg Raises	5 reps	10 reps
	Press-Up	(Wall Press-Up) 5 x 3	6-8 x 3		COMPLETE TWICE	COMPLETE 3 TIMES

Take a 90-second rest between each circuit