



DATE	ACTIVITY
<b>Monday 27 April</b>	<b>High Intensity Interval Training (HITT) workout @ home no equipment</b> <ul style="list-style-type: none"><li>- Watch the following clip and complete the activities along with the trainer in a safe location at home either indoors or outdoors. I find that if you put some of your favourite music on as well it makes it slightly less painful!</li></ul> <p><a href="https://www.youtube.com/watch?v=ml6cT4AZdqI">https://www.youtube.com/watch?v=ml6cT4AZdqI</a></p>
<b>Tuesday 28 April</b>	<b>Take a walk/ride or run</b> <p>Whilst the weather is still decent take a walk/jog or bike ride for 30 minutes minimum. Take a family member or dog if you have one – or go it solo (maybe pump some music in your headphones if you are on a safe walking/running track). If you need to stay at home, complete some continuous exercise either on an exercise bike or in the backyard. If the weather does not permit this activity today, feel free to swap it out for another day.</p> <p>Something extra – <b>Smiling Mind Body Scan</b> – try this before going to bed. If this helps you get to sleep much quicker, feel free to do this every night.</p> <p><a href="https://www.youtube.com/watch?v=VxYC_UcQ0PI">https://www.youtube.com/watch?v=VxYC_UcQ0PI</a></p>
<b>Wednesday 29 April</b>	<b>Plyometrics workout to improve your running speed</b> <p>Please note that this session requires lots of jumping. It would be best completed on a surface that provides some cushioning. Such as a grassed area or even some carpet to take some stress off your joints.</p> <p>This workout will be best completed outside in the backyard. The video shows the trainer working on different exercises that will increase your speed when running. Makes sure you do a good warm up as these activities can put strain on your joints and muscles. I would pause the video after each exercise is explained and then do each exercise for 2 minutes before moving on to the next one.</p> <p>I have listed them below, so you can tick them off as you go:</p> <p><a href="https://www.youtube.com/watch?v=FYJjwG_i8U">https://www.youtube.com/watch?v=FYJjwG_i8U</a></p> <ol style="list-style-type: none"><li>1. Jump Squats</li><li>2. Jump Lunges</li><li>3. Lateral Bounds</li><li>4. A-skips</li><li>5. Reverse Lunge Knee Drive</li><li>6. Tuck Jumps</li><li>7. High Knees</li><li>8. Heel Flicks</li><li>9. DO NOT DO KNEELING JUMPS (These require further training to do these safely – for now leave these out)</li><li>10. Calf jumps</li></ol> <p>If correct running technique is something that interests you, the following video may be of interest discussing simple errors many of us make when we are doing such a simple activity such as running to avoid injury where possible.</p> <p><a href="https://www.youtube.com/watch?v=gsUL3a1CxUQ&amp;t=176s">https://www.youtube.com/watch?v=gsUL3a1CxUQ&amp;t=176s</a></p>
<b>Thursday 30 April</b>	<b>Yogalates</b> <p>This is a great beginners Yoga/Pilates workout to try out at home. You don't need any equipment all you need to do is try your best. If you are doing Yoga for the first time, just go gently and listen to your body, your flexibility takes time to improve. Make sure you complete the warm down at the end, it will be great to wind down and practice some mindfulness in listening to your breathing.</p> <p><a href="https://www.youtube.com/watch?v=WwF7ooo1igE">https://www.youtube.com/watch?v=WwF7ooo1igE</a></p>

**Friday 1 May****Basketball/Netball workout at home**

This video shows you don't need much at home to get a serious workout. The 2 guys showing you this workout get all of this done with a single basketball (use any ball at all you may have, e.g. Basketball, Netball, Soccer ball, Tennis Ball or even a Football). He also uses filled up juice or milk containers. Your session will go for 30 minutes if you do the recommended warm up on the video and then attempt each exercise for 45 seconds, with a 15 second rest between each activity. Once the video gets to 5.00 mins, you can stop it as it talks about nutrition towards the end. If some of these exercises are too hard, please modify them for what you are capable of.

<https://www.youtube.com/watch?v=GNv-hkfAFtg>

Do the warm up in the video. And then complete the listed activities:

1. Countermovement Jumps
2. Pogo Jumps – or Low pogos/Single leg pogos
3. Split Jumps
4. Square hops
5. Agility – Up and backs
6. Cross Steps
7. Behind Behind
8. Freestyle agility
9. Half turn starts
10. Ball Handling, Free style Handling x 5 minutes
11. Single Leg RDL's (Fill up some water containers if you don't have any dumb bells at home- you will need them for many of the following exercises)
12. Explosive Lunges
13. Pistol Squat/Split Squat
14. Glute Bridges
15. Normal Push ups (do not do decline push ups may cause injury)

Warm down and stretch for 5 mins