



Week 3

Cardiff and Vale College
Coleg Caerdydd a'r Fro

Health & Active Well-being Weekly Home Workouts

Weekly workouts to challenge you, help improve your health, fitness and mental well-being.

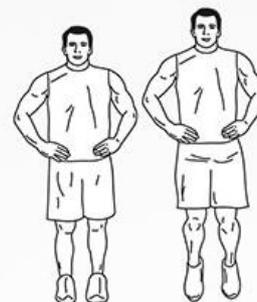


Warm-up



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**2 rounds of each
set of exercises**



10 march steps
10 hops on the spot
10 march steps
10 hops on the spot
10 march steps
10 hops on the spot



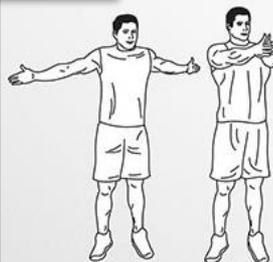
20-count squat hold



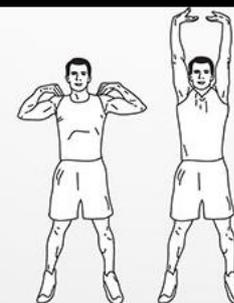
20 torso rotations



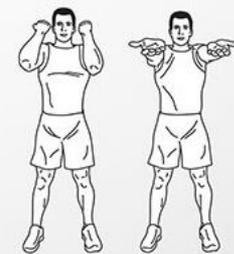
20 raised arm circles



20 chest expansions



20 standing shoulder taps



20 bicep extensions

Full body workout



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LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets



10 high knees



10 butt kicks

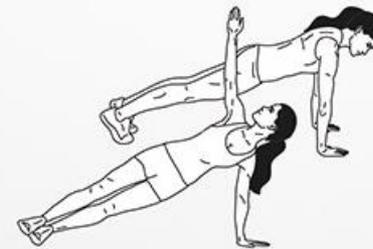


10 lunge step-ups

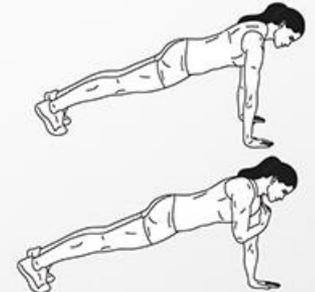
REST up to 2 minutes



10 climbers



10 plank rotations



10 shoulder taps

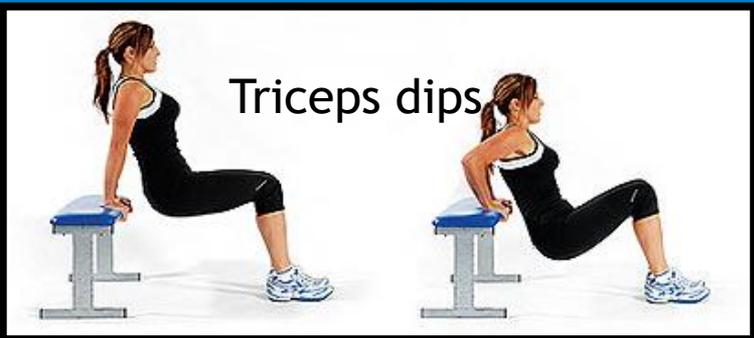
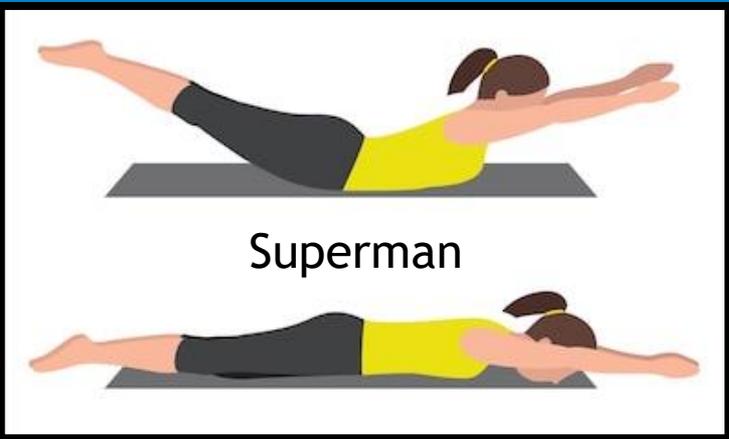


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Timed challenge

Share your achievement with CAVC via social media #CAVCactive
Take a photo of the time it took you, describe your experience & how you felt once you completed the challenge.

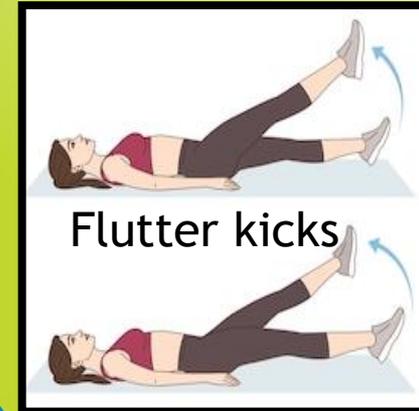
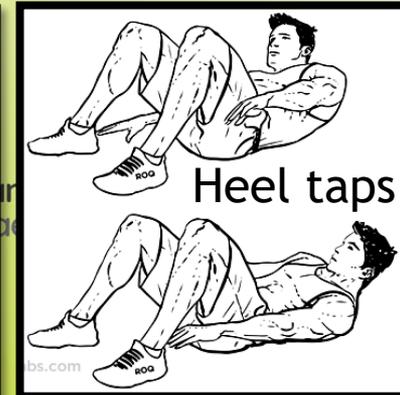
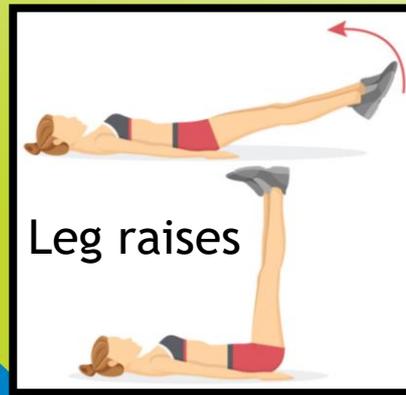
- Time yourself, see how long it takes you to complete the whole workout.
- Take as little or as much rest between exercises as you need.



push-ups	12
supermen	12
squats with arms overhead	15
single-leg glute bridges	15 (each leg)
side lunges	12 (each leg)
sumo squats (wide-stance squats)	12
jumping jacks	15
sit-ups	15
bird dogs	12 (each side)
triceps dips	12
mountain climbers	15

Core workout

sit-ups	5
leg raises	5
bird dogs	5 each side
mountain climbers	5
supermen	5
heel taps	5 each side
bicycles	5
flutter kicks	5



- 20 minute workout.
- Aim to complete as many rounds as possible within the time.

