



Week 4

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.



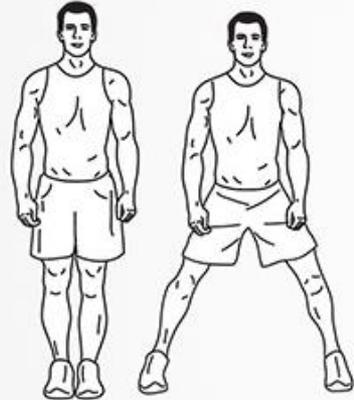
Warm-up



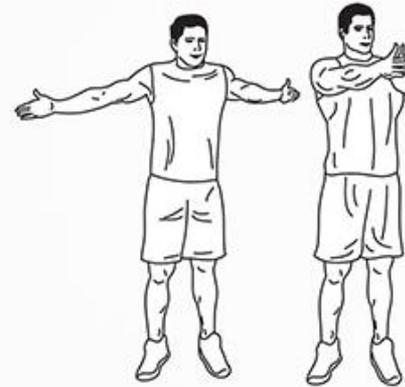
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Repeat each
exercise for 30
seconds

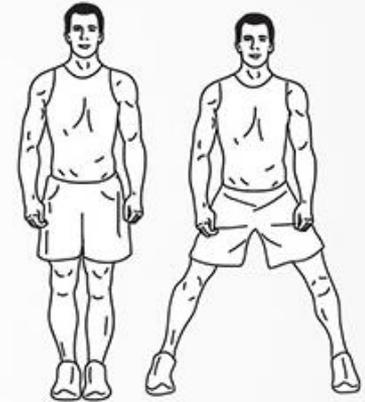
Complete the
full routine 3
times



half jacks



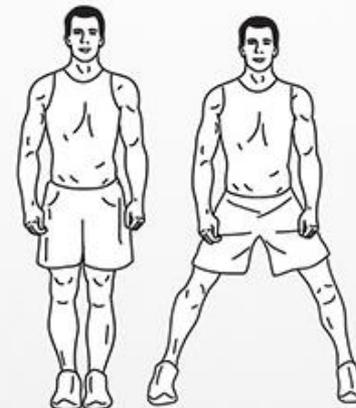
chest expansions



half jacks



arm rotations



half jacks

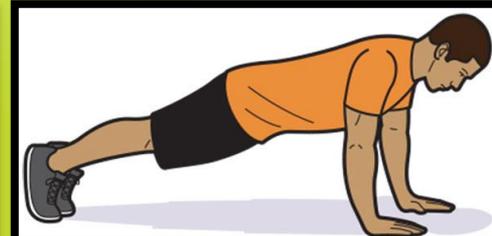


torso rotations

Isometric workout

Isometric = An **isometric exercise** is a form of exercise involving the static contraction of a muscle without any visible movement in the angle of the joint (holding 1 position).

- Time how long you can hold each position for.
- Repeat the full routine twice.
- Push-up & plank position can be done on knees.
- Lateral and front shoulder raise hold: if you do not have access to weights such as dumbbells or kettlebells, use household items such as shopping bags with books or cans of food inside.



plank
wall sit
glute bridge
low squat hold
push-up position (straight arms)
hollow-body hold
lateral shoulder raise hold
front shoulder raise hold
lunge
calf raise hold



Light workout

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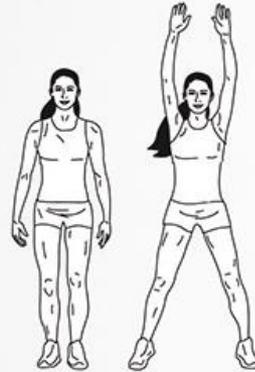


Level 1= 3 sets

Level 2= 5 sets

Level 3 = 7 sets

Recovery = 2mins
between sets



10 jumping jacks



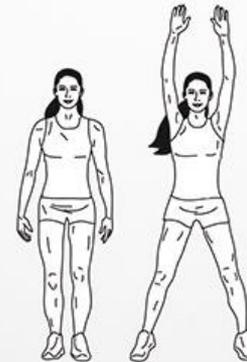
4 knee-to-elbows



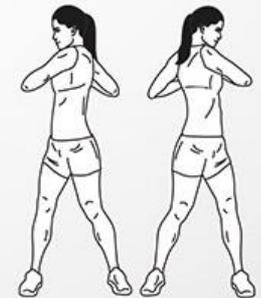
10 jumping jacks



4 side bends



10 jumping jacks



4 twists

Core workout

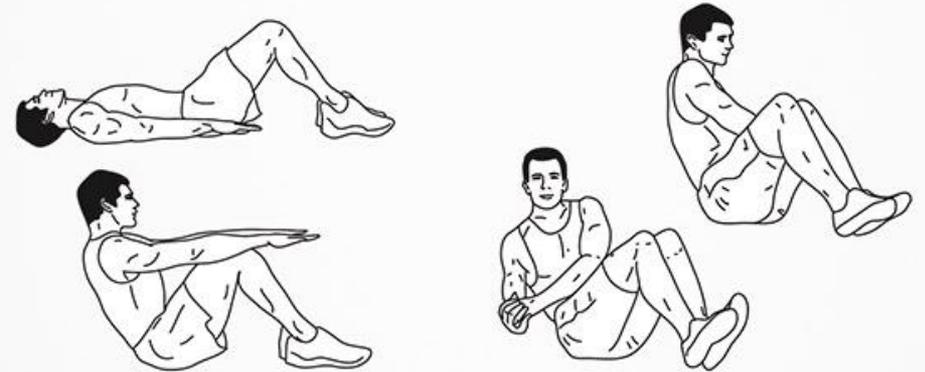
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Part 1

Level 1= 3 sets
Level 2= 5 sets
Level 3 = 7 sets
Recovery = 2mins
between sets

10 sit-ups
4 sitting twists
10 sit-ups
4 sitting twists
10 sit-ups
4 sitting twists



Part 2

Level 1= 3 sets
Level 2= 5 sets
Level 3 = 7 sets
Recovery = 2mins
between sets

10x bird-dog, each
side
5sec hold each rep

