



Week 2

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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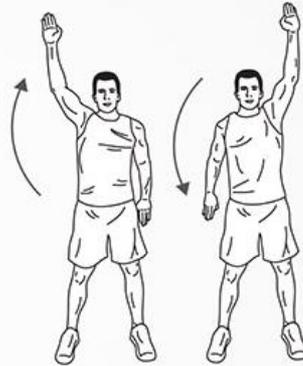
Repeat the full
routine twice



20 straight back leg swings



10 hip rotations

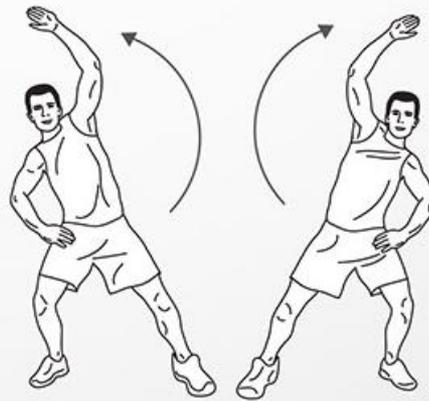


20 alternating chest expansions

5x downward dog,
5sec hold each rep



20 march jacks



20 side jacks



Full body workout



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Recovery:

30 seconds between each exercise.
1 minute between round of exercises.
2 minutes between group of exercises.

Exercise	Duration
Jumping Jacks	1 minute
Squats	1 minute
Plank	30 seconds
Push-ups (option: kneeling)	30 seconds
Backward lunges	30 seconds
Burpees	30 seconds
High knees	30 seconds
Wall sit	30 seconds
Glute bridges	30 seconds

Repeat 3 times

Repeat 4 times

Repeat 5 times

100 rep challenge

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push-ups	10 reps
squats	10 reps
Sit-ups	10 reps
burpees	10 reps
Flutter kicks	10 reps
mountain climbers	10 reps
jumping jacks	10 reps
lunges	10 reps
high knees	10 reps
glute bridges	10 reps

- 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

*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:

Yoga

- Hold each pose for 30 seconds then move on to the next one.
- Repeat the sequence again on the other side.
- Repeat the routine as many times as you like, 3-4 time should be ideal.

