



Week 1

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.

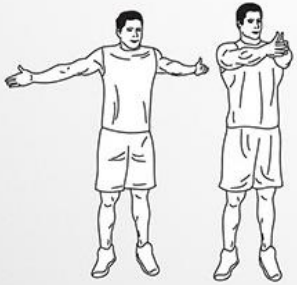


Warm-up

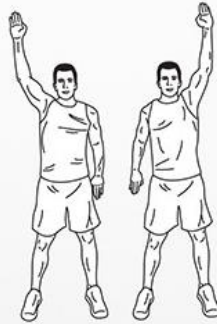
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2 rounds of each
set of exercises



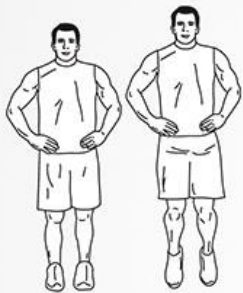
30 chest expansions



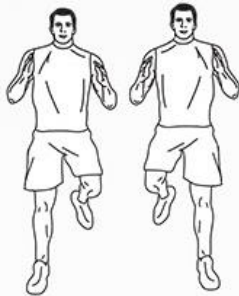
30 alt chest expansions



30 raised arm circles



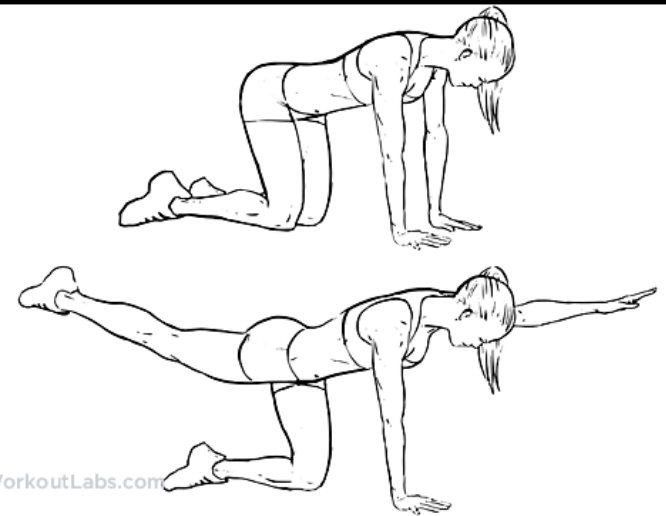
30 hops on the spot



30 side-to-side hops



30 hip rotations



WorkoutLabs.com

Lower body workout

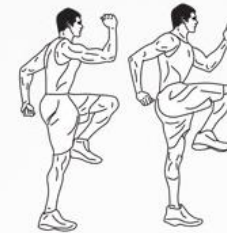


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LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



2 squats

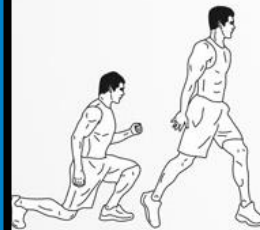


10 march steps

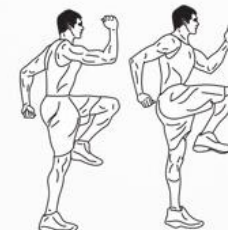


20 high knees

*Jumping lunges can be replaced with normal lunges



2 jumping lunges



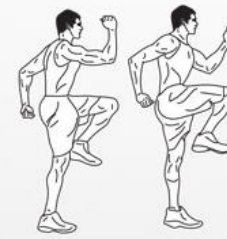
10 march steps



20 high knees



2 calf raises



10 march steps



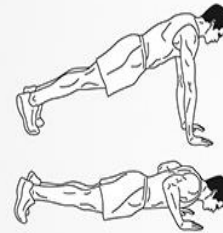
20 high knees

Upper body workout

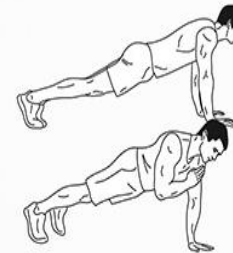
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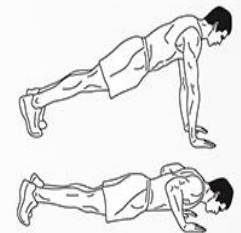
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



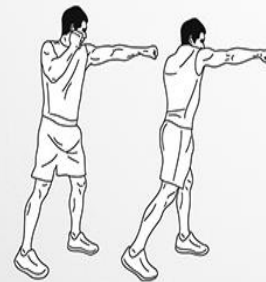
5 push-ups



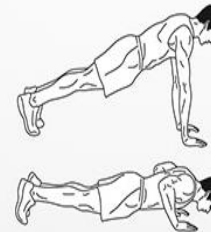
20 shoulder taps



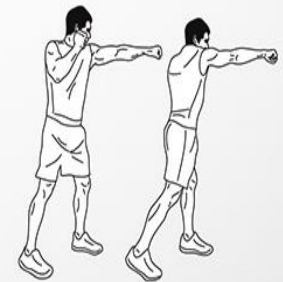
5 push-ups



20 punches



10 push-ups



20 punches

*Push-ups and shoulder taps can be done on knees to suite your ability.

Abdominal workout

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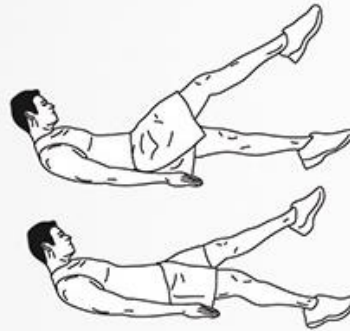


Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest



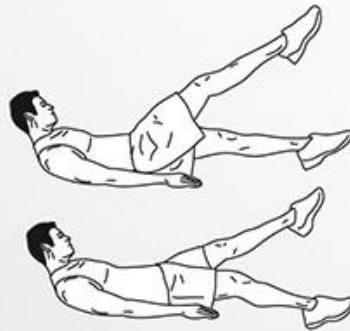
20 flutter kicks



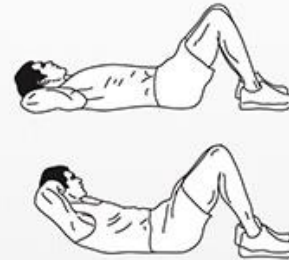
10-count raised leg hold



10 heel taps



20 flutter kicks



10 crunches



10 heel taps