

## Home Fitness Circuit

Warm-up – 5 mins

Stage 1 – pulse raiser – skipping or running on the spot (2mins)

Stage 2 – mobility – rotate arms, shoulders rolls, hip rotation, ankle and wrist rolls (1min)

Stage 4 – stretching – head to toe hold all stretches for 10-12 seconds (2 mins)

### Main Session

Circuit – 10 stations-

Option 1 – working 30 seconds – rest for 30 seconds – Repeat circuit 2 times

Option 2 - working 45 seconds – rest for 30 seconds – Repeat circuit 2 times

Option 3 - working 60 seconds – rest for 30 seconds – Repeat circuit 2 times

### Circuit

1. Run up stairs – walk down – (if you have no stairs running on the spot)
2. Press ups – can be done on knees if required
3. Sit ups
4. Burpee's
5. Bicep curl – use tins as weights
6. Plank
7. Star Jump
8. Tricep Dip
9. Mountain Climbers
10. Leg Raises

### Cool Down

Light Stretches

Walk around the house for 2 mins

### Other Options

Couch to 5KM

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

HITT work out for beginners

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

HITT work out

<https://www.youtube.com/watch?v=q20pLhdoEoY>

## Alphabet – HIIT Workout

HIIT – stands for high intensity interval training.

You are to exercise and Spell your full name (NO NICKNAMES)

You look at the letter for each letter of your name and perform the exercise for 1 minute,  
YOU HAVE TO DO AS MANY AS YOU CAN!!!

45 seconds rest in between – check your next letter

SPACE between names / words - jog on the spot.

A	Crunches	N	Step ups
B	Jumping Jacks	O	V sits
C	Press ups	P	Bicep curls (find something to lift – tin)
D	Squats	Q	Plank shoulder taps
E	Wall sit	R	Burpees
F	Mountain climbers	S	Jump squats
G	Plank	T	Mountain climbers
H	Burpees	U	Russian twists
I	Alternate lunges	V	Jumping jacks
J	Tricep dips	W	Step ups
K	Bicycle crunches	X	Wall sit
L	Sit ups	Y	Squats
M	Arm circles	Z	Press ups

### Variations

Spell the day of the week, followed by the month of the year.

Spell a family members name.

Pick your favourite colour / fruit / word / place to visit / country / your street name

### Other activities

Jo Wicks daily PE lessons YouTube – 9am every weekday

<https://www.youtube.com/channel/UCAxW1XT0iEJoOTYIRfn6rYQ>