***BURNABY CENTRAL PHE Home Workout Program***

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| **FOLLOW THE FITT PRINCIPLE...** |
| **F** | **FREQUENCY****How often will you exercise?** | Exercise 3-7 days/weekDepending on Intensity & Type |
| **I** | **INTENSITY****How hard did you train/exercise?** | HR: 30-40 beats/15 seconds (60-80% of Max) or vary Reps/Rest to increase intensity Aim for moderate-vigorous – see Measure of Intensity Scale below |
| **T** | **TIME****How long?** | 20 min. – 60+ min.Depending on Intensity & Type |
| **T** | **TYPE****What fitness component will you focus on?** | Your choice: Home Circuit (see below)Jog/Cycle/Walk/Activity Specific/Dance/Yoga**Include: Cardiovascular, Muscular Endurance/Strength, Flexibility!**  |

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| **MEASURE OF INTENSITY SCALE** |
| LIGHT | MODERATE | VIGOROUS | HARD | DIFFICULT |
| Barely notice a change in heart rate and breathing. Feel just a bit warmer, can talk easily while doing this activity. | Noticeable increase in heart rate and breathing a bit harder, definitely warmer, may be sweating a little, but feel good and can carry a conversation. | Heartbeat is faster, feeling hot, sweating more, fatigued but able to maintain at this level. Can still talk but slightly breathless. | Heartbeat is noticeably faster, breathing is deeper and louder, feeling tired, difficult to talk, can only maintain pace  | Breathing is deep and rapid, muscles are quivering, can only maintain this pace for a very short time, unable to talk. NOT RECOMMENDED! |
| " A WALK IN THE PARK" | "I'M FEELING WARMER." | "I'M HUFFING AND PUFFING" | "I FIND IT HARD TO TALK." | "I FEEL LIKE THROWING UP." |

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| **HOW TO DESIGN A HOME CIRCUIT...** |
| ***1 - Choose Type of Circuit:*** |
| **“Old School”**Pick 5/6 exercises with 4/5 sets each of 10-20 repsInclude warm up/cool downReplace your gym workout with exercises you can do at home. Use what you have: bands, dumbbells, TRX, milk jugs, cans, back pack filled with books, house steps | **Full Body**2 min. Cardio Type Warm up20-30 reps each #1 Pick 3 Ex. (repeat 2x) (upper/cardio/lower)#2 Pick 2 Ex. (repeat 2x)(cardio/upper)#3 Pick 3 ex. (repeat 2x)(cardio/lower/cardio)2 min. Stretch/Cool Down | **5 x 5 Mini**Pick 3 exercises5 reps for 5 min.Repeat 2/3 timesie. Squat ThrustPush UpChair DipsComplete 2 more sets of 3 exercises-5 reps/5 min. |
| **10 to 1**Pick 8-10 exercises (choose a variety of upper/lower/cardio)Start with 10 reps for each exercise, then 9...so on till you get to 1 rep | **30/40/50**Pick 8-10 exercises (choose a variety of upper/lower/cardio)Perform 30/40/50 reps for each exercise depending on ability level then move to next exercise | Design your own by combining different types**Always start/finish with a warm up/cool down** **& stretch** (Dynamic or Static)*Involve a family member!* |
| ***2 - Choose Exercises:*** |
| **Upper** | **Lower** | **Cardio** |
| **Push Ups**-regular-modified-pike push up-diamond-decline (feet on bench)-overload (w/ back pack)-rotation (go to star plank)-Push up hold (5 PU/5 sec. Hold)-DB chest press (on bosu, ground)**Chin Up/Inverted Rows****DB/Band Rows****DB/Band Biceps Curls****DB/Band Triceps Extensions****DB/Band Shoulder Raise/Press****Triceps Dips (Chair/Step)** **Single Arm DB Cleans****Plank** (hold)Side Planks1 arm PlankRodSuperman/Aqua man or T/I/Y Holds/Raises(1 rep = 10 sec.) | **Squats**Squat Thrusts (+ Sh. Press)Squat + Calf RaiseSumo SquatWall Sit1 Leg Squat Forward/Reverse LungeClock LungeSide LungePulse Lunge (1 leg on bench)Fire Hydrant/Donkey Kicks**Sit Ups**-full/curl up/crunch-reverse crunch-leg/hip raises-flutter kicks-V sit up-toe touch-bicycles-oblique/side sit up-heel Touches-Russian Twists-Jack Knife**Bridge** (hold)1 leg Bridge ThrustHip Thrust (on bench) | Jumping JacksStair ClimbStep Up (bench/chair)Jump Rope Squat JumpsTuck Jumps/Star JumpsHigh KneesButt KickersQuick Feet -ladders (chalk) -forward/back -side to sideJumping LungePlank Walk Out/InchwormPlank Up/Up/Down/DownRod + Shoulder TapsBurpiesMountain ClimbersBox Jumps (Outside steps? BE SAFE!)Mini Sprints * 1. M Sidewalk)

Frozones/Speed SkatersSpeed skater lunge & holdTurkish Lift (you tube!)Standing Long Jump +quick feet back  |

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| ***Reminders:*** |
| 1. **Log your activity** (in your phone, planner, notebook, journal, PAL)
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| 1. **Balance** – train your upper/lower/core/cardio/flexibility
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| 1. **Variety** - Change up your exercises/program at least every 2 weeks. This will allow you to track your improvement but not get bored. Slowly increase intensity by increasing reps/decreasing rest/adding more sets
 |
| 1. **Replace** a circuit (or part of) with something else...

- watch a dance/yoga/zumba video online, go for a walk/bike/jog- pick an **Activity Specific exercise** for 10-15 min. (volleyball bump competition, juggle soccer ball, basketball dribble drills)-check out You Tube for ideas! Make sure it matches your ability level! |
| 1. *Don’t forget to practice PHYSICAL DISTANCING!*
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