***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/week  Depending 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 reps  Include warm up/cool down  Replace 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 up  20-30 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 exercises  5 reps for 5 min.  Repeat 2/3 times  ie. Squat Thrust  Push Up  Chair Dips  Complete 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 Planks  1 arm Plank  Rod  Superman/Aqua man or  T/I/Y Holds/Raises  (1 rep = 10 sec.) | **Squats**  Squat Thrusts (+ Sh. Press)  Squat + Calf Raise  Sumo Squat  Wall Sit  1 Leg Squat  Forward/Reverse Lunge  Clock Lunge  Side Lunge  Pulse 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 Thrust  Hip Thrust (on bench) | Jumping Jacks  Stair Climb  Step Up (bench/chair)  Jump Rope  Squat Jumps  Tuck Jumps/Star Jumps  High Knees  Butt Kickers  Quick Feet  -ladders (chalk)  -forward/back  -side to side  Jumping Lunge  Plank Walk Out/Inchworm  Plank Up/Up/Down/Down  Rod + Shoulder Taps  Burpies  Mountain Climbers  Box Jumps  (Outside steps? BE SAFE!)  Mini Sprints   * 1. M Sidewalk)   Frozones/Speed Skaters  Speed skater lunge & hold  Turkish 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) |
| 1. **Balance** – train your upper/lower/core/cardio/flexibility |
| 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!* |