

HOME WORKOUTS

Why do home workouts?

Home workouts can increase your strength, flexibility and mobility and can also be done with little or no equipment and in very little time.

Movement suggestions

Some suggestions for movements to include in your home workouts are below, but feel free to include any equipment you have at home.

Upper body	Lower body	Core	Whole body
<ul style="list-style-type: none"> • Press ups (start on knees if needed and progress to releasing your hands at the bottom position) • Tricep dips 	<ul style="list-style-type: none"> • Squats (progress to a jumping version) • Lunges (progress to a jumping version) • Glute bridges (with both, or one leg on the floor) 	<ul style="list-style-type: none"> • Planks • Russian twists 	<ul style="list-style-type: none"> • Burpees (can be made easier by leaving out the jump at the end) • Mountain climbers

How to structure your workout

- Pick four movements and allocate each one to a card suit, shuffle cards and then take one card at a time and do that number of the corresponding movement until you get to the end of the deck (if you are feeling energetic add in 50 burpees for the Joker...).
- Pick a selection of movements and rep numbers and do those for a set amount of time (eg. as many rounds as you can in 10 minutes). Record how you did to improve on next time.
- See how quickly (with the correct technique) you can perform a certain number of rounds of a particular selection of movements and reps. Record how you did to improve on next time.
- Pick three or four movements and use a timer to do one movement at a time for 45 seconds, then rest for 15 seconds before starting the next movement. Repeat this for a set number of rounds.