

Home Workout Programme

The following workout is designed for the participant to help them improve their physical activity levels at home or when they can not attend any of the CARE sessions.

Notes –

- It is important to include a variety of muscle components within the programme.
- Think about the intensity and exercise choices you have made. Are you challenging yourself? Is this specific exercise easier than the others? This programme is designed to improve your weaknesses and to challenge your physical ability at home.
- It is vitally important that you include a variety of warm up and cool down stretch before and after the session. This is to reduce the percentage of injuring yourself.
- Lastly, you should remember that this programme is like the CARE sessions that you attend. Furthermore, you should stay within the green zone when exercising at home.

Template 1 – Designing Your Own Weekly Programme

Exercises	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Template 1 is the first template of the home workout programme. This allows yourself to design your programme on how many days you want to exercise and what variation of exercise you want to focus on per session. However, this is completely up to you on what you want to focus on, whether this is purely focusing on one exercise component, a mixture of all, or just focusing on your weaknesses.

Template 2 – A Selection of Exercises

Exercise Components					
Upper Body	Press up	Touching shoulders	Tricep dips	Up right row	Standing shoulder press
Core	Sit ups	Crunches	Plank	Side plank	Mountain climbers
Lower Body	Air squat/ Air squat jump	Lunges/jumping lunges	Air squat hold	Wall sit	Broad jump
Cardiovascular	High knees	Heel flicks	Jogging on the spot	Tuck jump	Side-step
ABC's	Catching ball	Single leg balance	Leg kicks	Wall ball catching	Line walk balance

This home style programme should be completed as a circuit with one minute per exercise and seven stations laid out. Similar style to the CARE sessions, instead this programme can be completed at home.

Progression

If, however some of the exercises are not challenging enough or you have progressed with your mobility, physical performance, or fitness levels, then it is time to increase the weight! However, this does not mean you have to purchase any further equipment to improve your performance. Instead, you can use daily household items to increase the weight or resistant on some of the exercises.

Example 1 Standing shoulder press – This exercise can be completed without any form of object and the purpose of the movement is to increase range of mobility. However, if that movement has increased and it is time to build strength, you can include any form of item which can increase that weight, such as tinned food, weight bearing objects, or sturdy bags where you can alter the weight.

Example 2 Crunches – For a core exercise, it is quite complicated to include any extra weight which could improve the performance of your core. Instead, to make this exercise more advanced, you can hold this movement at any point of the movement. Stopping at certain points of the exercise will increase the level from beginner – advance due to the muscle control of yourself.

Circuit

This home-made programme is designed for your self to complete at home. However, we want you to experience the CARE programme at home if you can not attend the session. Furthermore, the programme structure will follow the same principles of the circuit on each session with 7 stations, 1 minute each station, completed twice. Although, if there is no opportunity for yourself to attend any sporting activity, you might want to complete the circuit 3 times.