

CPHS TUESDAY SPORT ONLINE WORKOUT CHALLENGE

Creating your own Program

Lower Body	Upper Body	Core	Cardio
CHOOSE YOUR INTENSITY Easy, Medium or Hard?	CHOOSE YOUR INTENSITY Easy, Medium or Hard?	CHOOSE YOUR INTENSITY Easy, Medium or Hard?	CHOOSE YOUR INTENSITY Easy, Medium or Hard?
<u>Easy – 3 sets 10 reps</u> <u>Medium – 3 sets 20 reps</u> <u>Hard – 4 sets 25 reps</u>	<u>Easy – 3 sets 10 reps</u> <u>Medium – 3 sets 20 reps</u> <u>Hard – 4 sets 25 reps</u>	<u>Easy – 3 sets 10 reps</u> <u>Medium – 3 sets 20 reps</u> <u>Hard – 4 sets 25 reps</u>	<u>Easy – 2 sets 30 seconds</u> <u>Medium – 3 sets 1 minute</u> <u>Hard – 3 sets 2 minutes</u>
PICK 3 EXERCISES BELOW	PICK 2 EXERCISES BELOW	PICK 3 EXERCISES BELOW	PICK 2 EXERCISES BELOW
Squats	Push ups	Sit Ups	Bear crawl
Lunges	Diamond push ups	Crunch	High knees
Glute bridge	Spiderman push ups	Bicycle Crunches	Shuttle Run
Standing long jump	Tricep Dips	Plank	Jumping Jacks/ Star Jumps
Tuck Jumps	Bent Over Rows (Use suitable house hold item)	Mountain climbers Easy - 3 x 20 seconds Medium – 3 x 30 seconds Hard – 3 x 1 minute	Burpees
Wall Sit Easy - 3 x 30 seconds Medium – 3 x 45 seconds Hard – 3 x 1 minute	Shoulder Press (Use suitable house hold item)	Plank Easy - 3 x 20 seconds Medium – 3 x 30 seconds Hard – 3 x 1 minute	Step Ups

Rest: Rest until you are ready to complete the next set

Reps: The number of times you perform the exercise

Sets: A group of reps .

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Example of how to create your own workout:

Creating your own Program			
Lower Body	Upper Body	Core	Cardio
<i><u>Easy</u></i>	<i><u>Medium</u></i>	<i><u>Easy</u></i>	<i><u>Hard</u></i>
Squats <u>3 sets 10 reps</u>	Push ups <u>3 sets 20 reps</u>	Sit Ups <u>3 sets 10 reps</u>	Bear crawl <u>3 sets 2 minutes</u>
Glute bridge - <u>3 sets 10 reps</u>	Tricep Dips <u>3 sets 20 reps</u>	Bicycle Crunches <u>3 sets 10 reps</u>	Jumping Jacks/ Star Jumps <u>3 sets 2 minutes</u>
Standing long jump - <u>3 sets 10 reps</u>		Plank 3 x 20 seconds	

FOR CORRECT TECHNIQUE INSTRUCTIONS, REFER TO THE FOLLOWING PAGES

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LOWER BODY

GymFit

Body weight squat



Key components

- 1) Stand with feet slightly wider than shoulder-width apart
 - 2) Extend arms in front so they are parallel with the ground, palms facing down
 - 3) Bend knees forward slightly while allowing hips to bend back behind
 - 4) Lower until thighs are parallel to floor, making sure toes are always visible
 - 5) Squat up by extending knees and hips until legs are straight
- Tip Keep chest and shoulders back, and head facing forward with eyes looking straight ahead (not down)



GymFit

Lunge



Key components

- 1) Lunge forward with first leg, landing on heel then forefoot
 - 2) Lower rear knee toward floor (approx. 10cm) by bending knee of front leg. Make sure toes of front foot are always visible
 - 3) Return to original standing position by pushing back
 - 4) Repeat by alternating lunge with opposite leg
- Tip Torso is kept upright and stable at all times



GymFit

Glute Bridge



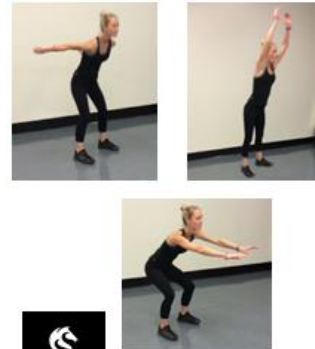
Key components

- 1) Lie on the floor with your arms at your sides
- 2) With your knees bent, press your feet into the floor as you lift your hips
- 3) Lift your hips until they are parallel to the floor as you bring your chest to your chin



GymFit

Standing long jump



Key components

- 1) Generate force by bending knees and thrusting arms backward in one motion
 - 2) Explode forward by extending knees and thrusting arms forward simultaneously
 - 3) Cushion landing by bending knees on impact
 - 4) Use arms to balance when landing
- Tip Take off and land using both feet at once



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GymFit

Tuck jumps



Key components	
1)	Stand upright, feet shoulder-width apart, with knees slightly bent
2)	Bend knees and descend to a full squat position
3)	At the bottom of the squat, powerfully jump upwards, bringing knees towards the chest
4)	Land on the balls of feet, with knees slightly bent, and immediately repeat
Tip	Keep core muscles tight and use arms to aid propulsion. Minimise ground contact time by descending into the squat again for another explosive jump



GymFit

Wall sit



Key components	
1)	Stand approx. 40cm from a wall with your back against the wall
2)	Slide your back down the wall until your hips and knees bend at a 90-degree angle (may need to adjust foot position), and evenly distribute your weight throughout your whole foot
3)	Keep your shoulders, upper back and back of your head against the wall
4)	Hold this position for the desired time



CPHS TUESDAY SPORT ONLINE WORKOUT CHALLENGE

UPPER BODY

GymFit

Push-ups



Key components	
1)	Place hands on the floor approximately shoulder width-apart. Arms should be straight but not locked at elbow.
2)	Position legs slightly closer than shoulder-width apart. (To make it easier, push-ups can be performed on the knees – see bottom left)
3)	Keep body in a straight line (including head), and lower body by bending elbows to a 90-degree angle (or chest almost to the ground)
4)	Return to start position by extending arms
Tip	Keep shoulders down and away from ears (i.e. not 'shrugged')



GymFit

Diamond push-ups



Key components	
1)	Start in push-up position, with hands approx. 10cm apart in a diamond shape (forefingers and thumbs touching)
2)	Lower body until elbows are at a 90 degree angle (chest almost to ground), and head over hands
3)	Raise body by extending arms until in start position (don't lock elbows)
Tip	Shoulders are held down and away from ears (shoulders are not shrugged). Head, back and hips are held in a straight line throughout the movement.



GymFit

Spiderman push-ups



Key components	
1)	Start in push-up position, with arms extended and hands shoulder-width or slightly wider apart (don't lock elbows)
2)	Lower body until elbows are at a 90 degree angle, simultaneously bringing one knee toward elbow
3)	Knee is returned to start position as body is pressed back up.
4)	Repeat with alternating knees
Tip	Shoulders are held down and away from ears (shoulders not shrugged). Head, back and hips are held in a straight line throughout movement



GymFit

Tricep dips



Key components	
1)	Sit on the edge of a bench/step, with hands gripping the edge next to body
2)	Begin with knees bent (easier) or straight (harder)
3)	Keep hands on step/bench and push away until arms are on an angle. Lower body slowly by bending arms until slight stretch is felt in chest or shoulder
4)	Raise body back to start position by straightening arms and repeat



CPHS TUESDAY SPORT ONLINE WORKOUT CHALLENGE

GymFit

Bent over row



Key components	
1)	Stand with legs shoulder-width apart
2)	Grip GS using an overhand grip, hands shoulder-width apart
3)	Lean forward at the waist on approx. 45% degree angle (the bar should be positioned just above knee prior to beginning exercise)
4)	Maintaining the lean, pull the bar towards lower chest, pulling elbows towards the sky
5)	Lower the bar back down to the starting position in a slow controlled manner
Tip	Back is kept straight and stable throughout exercise and core muscles tight



GymFit

Shoulder press



Key components	
1)	Stand with legs shoulder-width apart
2)	Grip GS using an overhand grip, hands shoulder-width apart
3)	GS starts at chest and is pressed upwards until arms are fully extended
4)	Lower the GS to the start position in a controlled manner
Tip	Back is kept straight and stable throughout movement



CPHS TUESDAY SPORT ONLINE WORKOUT CHALLENGE

CORE

GymFit

Sit-ups



Key components

- 1) Begin by lying on the ground with knees bent at 90 degrees and feet flat
 - 2) Place hands on opposing shoulders, so that your arms are crossed over your chest
 - 3) Slowly lift body towards knees, keeping legs together and feet on the ground, holding for a few seconds at the top of the motion
 - 4) Slowly lower body back to the ground and repeat
- Tip Tighten your abdominal muscles gently by drawing in your belly button to your spine.



GymFit

Crunches



Key components

- 1) Lie on back, with feet flat on the floor and knees bent at a 90 degree angle
- 2) Position hands under head for support (not to be used as lever)
- 3) Flex abdominals to raise upper torso from floor. Lower back remains on floor.
- 4) Return to starting position in a controlled manner.
- 5) Refrain from pulling up head with hands, or rocking or twisting to assist crunch. Feet remain on floor throughout movement



GymFit

Bicycle crunches



Key components

- 1) Lie on back, with knees raised at 90 degrees, arms bent and hands positioned under head for support (not to be used as lever)
- 2) Bring one knee up towards chest (i.e. right knee) while keeping other leg in original position
- 3) Move the opposite elbow (i.e. left elbow) towards raised knee by lifting and twisting the torso (using abdominals, not pressure on neck from hands)
- 4) Return to start position by retracting elbow and lowering leg
- 5) Repeat by alternating sides (i.e. left knee, right elbow)



GymFit

Forearm Plank



Key components

- 1) Place forearms on the floor with elbows aligned below shoulders.
 - 2) Ground toes into the floor and squeeze glutes to stabilize your body.
 - 3) Raise body off the ground with elbows at 90 degrees.
- Tip Shoulders are held down and away from ears (shoulders are not shrugged). Head, back and hips are held in a straight line throughout the movement.



CPHS TUESDAY SPORT ONLINE WORKOUT CHALLENGE

GymFit

Forearm Plank



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- 2) Ground toes into the floor and squeeze glutes to stabilize your body.
- 3) Raise body off the ground with elbows at 90 degrees.

Tip Shoulders are held down and away from ears (shoulders are not shrugged). Head, back and hips are held in a straight line throughout the movement.



GymFit

Mountain climber



Key components

- 1) Start in plank position, with arms extended and hands under shoulders
- 2) Step forward with one leg until knee is near corresponding elbow
- 3) Step foot back and alternate legs. To increase challenge, while stepping back with first leg, bring the other forward, and alternate (i.e. running motion)

Tip Keep straight line through head, back and hips during entire movement



CPHS TUESDAY SPORT ONLINE WORKOUT CHALLENGE

CARDIO

CardioFit

Bear crawl



Key components	
1)	Lower body to 'bear position' (hands and toes), with hands placed under shoulders
2)	Coordinate movement between arms and legs: move right hand and left leg forward simultaneously, then left hand and right leg. Repeat.
Tip	Knees remain off ground during crawl



CardioFit

High knees (running in place)



Key components	
1)	Raise knees until thighs approximately parallel with floor
2)	Coordinate movement between arms and legs (i.e. left arm rises with right leg)
3)	Vary running speed to increase difficulty
Tip:	Keep head and shoulders back, with eyes looking straight ahead



CardioFit

Shuttle runs



Key components	
1)	Set up two lines of cones 10 or 20m apart or use line markings
2)	Run between designated lines, placing one foot behind the line before starting the next shuttle
Tip	Accelerate from the line, using arms to aid momentum, and maintain speed throughout shuttle



CardioFit

Jumping jacks



Key components	
1)	Start with feet facing forward next to each other, and arms by the side of body.
2)	Move feet apart (i.e. sideways from body) and arms upward simultaneously, then bring arms back down to side when jumping feet back into start position.
3)	Cushion landing by slightly bending knees on impact.



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CardioFit

Jumping jacks



Key components

- 1) Start with feet facing forward next to each other, and arms by the side of body.
- 2) Move feet apart (i.e. sideways from body) and arms upward simultaneously, then bring arms back down to side when jumping feet back into start position.
- 3) Cushion landing by slightly bending knees on impact.



Step-ups



CardioFit



Key components

- 1) Step onto a box or bench with one foot, then lift the opposite leg up so knee approx. waist height (thigh parallel to floor)
 - 2) Bring the raised foot back to the floor (not on step) and repeat process, starting on opposite leg
- Tip You can keep hands on hips or use opposite arms for balance and momentum. Keep head forward, eyes looking straight ahead through movement. Back is straight and stable.

