

Circuit training ideas

- Sit ups
- Press ups
- Burpees
- Star jumps
 - Plank
 - Sprints
 - Squats
 - lunges
- Tricep dips
- Treadmills
- Mountain Climbers
 - High knees
 - Leg raises
 - Frog jumps
 - Heel Flicks
 - Wall Sits
 - Leg Kicks

Other home fitness ideas for #sofatosuccess

- PE with Joe Wicks YouTube (Monday to Friday 9am)
 - 30 minute walk
 - 30 minute jog
 - Couch to 5k (Free Phone app required)
- Insanity work outs with Shaun T (YouTube)
 - Just Dance (Games Console required)
- Bring Sally up Bring Sally Down workout

Fitness/Activity advice

It is recommended that you gradually build up your fitness levels to avoid injury so it might be an idea to follow the guidelines below with circuits, couch to 5k and jogging:

- Week 1 – 30 seconds exercise 1 minute rest
- Week 2 – 30 seconds exercise 30 seconds rest
- Week 3 – 1 minute exercise 1 minute rest
- Week 4 – 1 minute exercise 30 seconds rest
- Week 5 – student/parent judgement based on fitness levels