



# At Home Fitness for All Factsheet

# At Home Fitness for All Factsheet



## *Lets get sweaty!*

As the world adjusts to life indoors because of the COVID-19 pandemic, it's important for us to remember to stay fit and well.

Missing the gym? Can't leave the house? Work up a sweat at home with these useful fitness guides for each age group.

*All exercises mentioned are common gym moves that can be found using an internet search engine if more information is required.*



# At Home Fitness for All Factsheet

## *Kids... What's your name?*

Spell out your full name and complete the exercise listed for each letter. For a harder challenge, include your middle name and do each one twice!

- |                               |                              |                                    |
|-------------------------------|------------------------------|------------------------------------|
| <b>A</b> 10 jumping jacks     | <b>J</b> 10 second wall sit  | <b>S</b> 10 second jog on the spot |
| <b>B</b> 5 push ups           | <b>K</b> 5 calf raises       | <b>T</b> 10 butt kicks             |
| <b>C</b> 1 burpee             | <b>L</b> 5 second plank      | <b>U</b> 5 inchworms               |
| <b>D</b> 20 high knees        | <b>M</b> 3 squat jumps       | <b>V</b> 5 tricep dips             |
| <b>E</b> 5 ab crunches        | <b>N</b> 10 seconds skipping | <b>W</b> 3 star jumps              |
| <b>F</b> 10 mountain climbers | <b>O</b> 10 russian twists   | <b>X</b> 5 bird dogs               |
| <b>G</b> 5 squats             | <b>P</b> 5 plie squats       | <b>Y</b> 10 leg raises             |
| <b>H</b> 10 front lunges      | <b>Q</b> 10 arm circles      | <b>Z</b> 5 squat jacks             |
| <b>I</b> 10 side lunges       | <b>R</b> 10 skaters          |                                    |

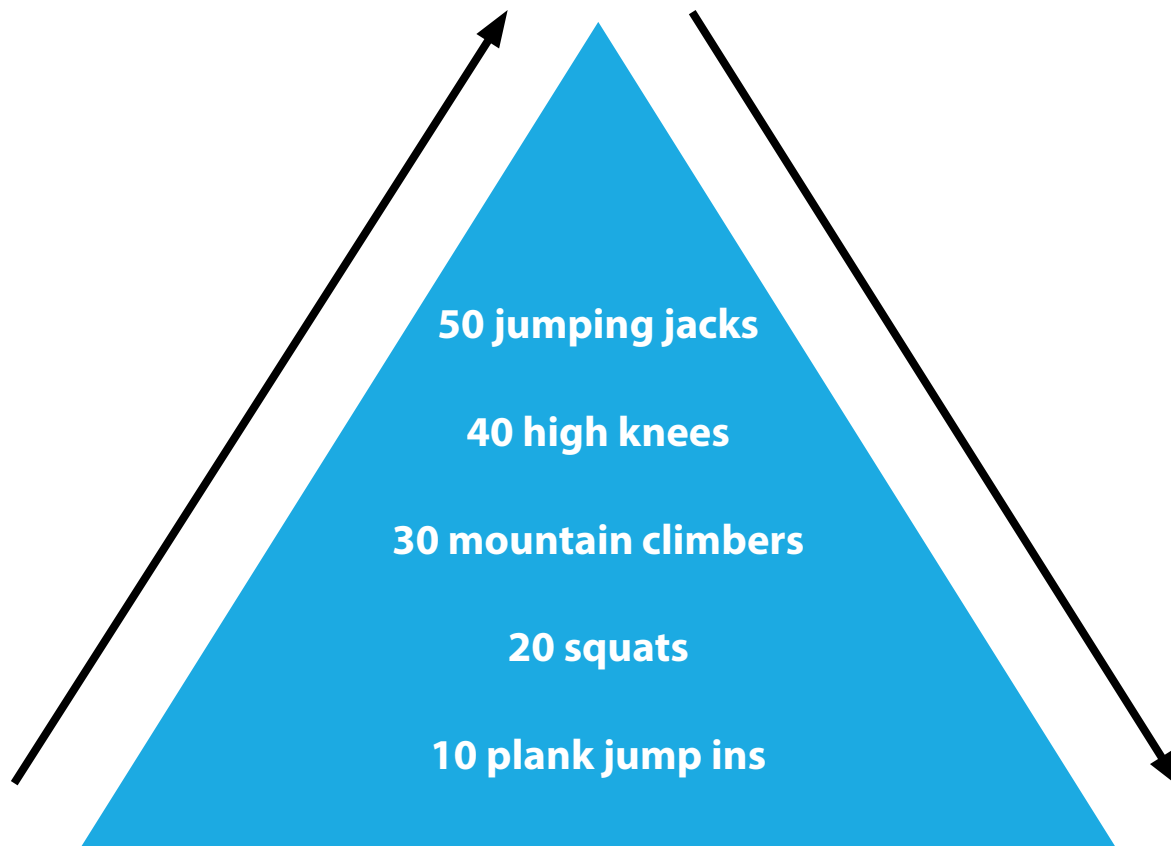


# At Home Fitness for All Factsheet

## *Teens...Bodyweight pyramid workout*

**No equipment needed!**

Start at the bottom of the pyramid and work your way up to the top and back down again for one set. Get your favourite playlist on and see if you can do two sets. Or three!



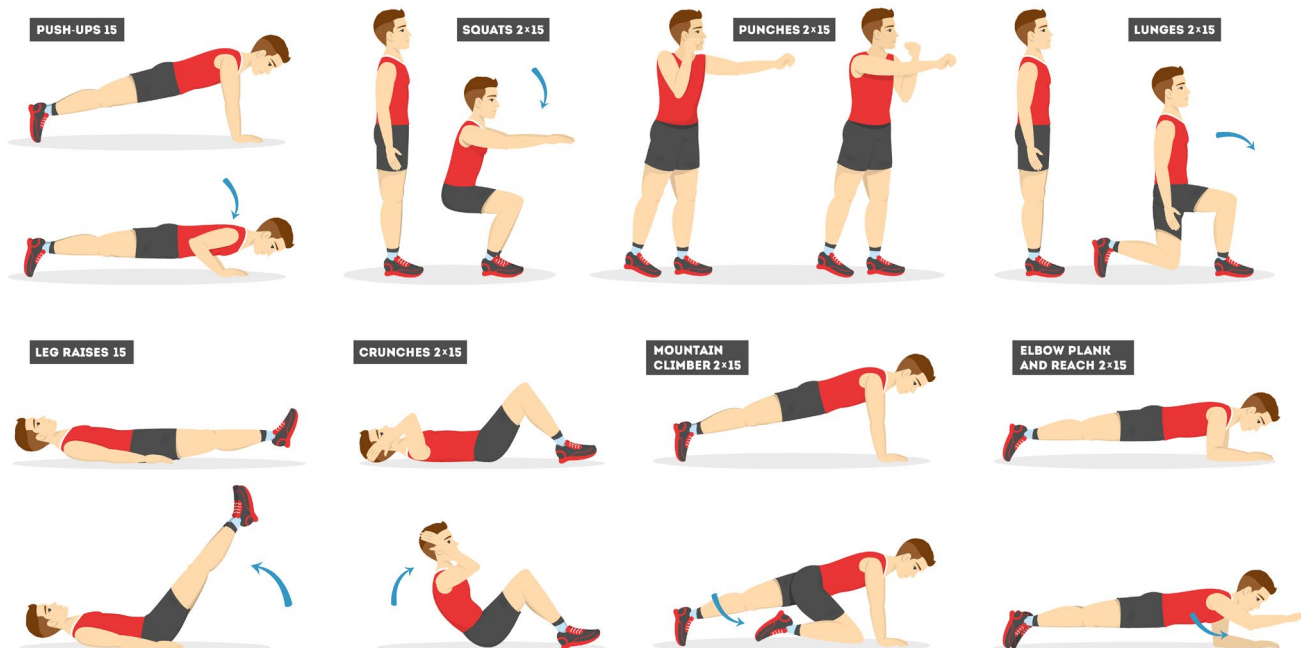
# At Home Fitness for All Factsheet

## *Adults...Full body workout*

Perform each exercise for the suggested reps without stopping

Rest for 30 seconds when you've done one complete round.

Repeat two, three or four times depending on your fitness level



# At Home Fitness for All Factsheet

## *Seniors...Strength exercises*

Improve your health and mobility with these gentle and easy to follow moves **recommended by the NHS**. Choose a solid, stable chair with no wheels or arms.

Sit with your feet flat on the floor and your knees bent at right angles.



### **Wall press up**

*Attempt 3 sets of 5 to 10 reps.*

Stand arm's length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards.

With your back straight, slowly bend your arms, keeping your elbows by your side.

Aim to close the gap between you and the wall as much as you can.

Slowly return to the start.



### **Sit to stand**

*Aim for 5 reps - the slower, the better*

Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.

Stand up slowly using your legs, not arms. Keep looking forward and do not look down.

Stand upright and then slowly sit down, bottom-first.



### **Mini-squats**

*Repeat 5 times*

Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

Gently come up to standing, squeezing (clenching) your buttocks as you do so.



# At Home Fitness for All Factsheet



## *Want more fitness guides?*

With staying at home being so crucial, there's more choice than ever for at home exercise guides and programmes – for all ages and abilities.

**POPSUGAR Fitness**

**Joe Wicks the Bodycoach**

**Fiit**

**Runners World**

**Barry's Bootcamp**

**CorePower Yoga**

**Davina Own Your Goals**

**Orangetheory Fitness**

**Kobox**

**Barrecore**



greencore  
group

