

Priory Ruskin PE at Home Week 3

W/C 20th April

When undertaking exercise and the plans detailed below please ensure that all the latest Government Guidelines are adhered to in full. This is especially important if exercising away from the home.

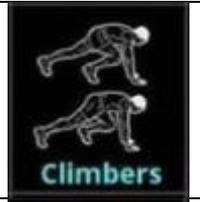
I hope that a number of you have undertaken some home based exercise routines and some of the PE challenges in the first 2 weeks and over the Easter Break.

How many session did you complete, did you workout with Joe Wicks in the 0930 session he is doing each day? Can you complete more sessions this week?

For week 3 the circuit sessions have changed again. I have kept the running challenges the same. Please remember to follow all government guidelines if undertaking these running challenges, are you seeing any improvements in your running times? Could you go faster or further than you have in the previous weeks?

Please also be aware that there are a superb selection of home workouts to be streamed from youtube. Just go to youtube and search 'Exercise at Home'.

Priory Ruskin No School Week 2 Exercise Challenges

Circuit Training Ses 1	Running Challenges	Circuit Training Ses 2
Do the following activities with a rep count up to 20 , with a 30 second rest between stations. Repeat the circuit up to 5 times. 90 seconds rest between sets.	Remember to ask for permission if going out for run, be safe and stick to paths and safe spaces. Choose the distance or activity that best suits you. Try to progress this next week.	Do the following activities with a rep count up to 20 , with a 30 second rest between stations. Repeat the circuit up to 5 times. 90 seconds rest between sets.
 Reverse Crunch	1.5km run	 Reverse Crunch
 Lunge Step-ups	2.5 km run	 Climbers
 Fly Steps	4 km run	 Side Leg Raises
 Punches	5km run	 Punches

 Leg Raises		7.5km	 Shoulder Taps	
 Chest Squeezes		10km	 Alt Arm / Leg Plank	