

## KEEPING FIT

It is important both mentally and physically that whilst at home and not doing PE classes you continue to keep active. Here are some ideas.

1. If you like to follow fitness apps on your phone here are a list of free ones  
<https://www.glamour.com/story/best-free-workout-apps>
2. Even if you are isolating this doesn't mean you can't go outside. Just keep your distance from others and use your local parks and spaces to walk, jog or cycle. Remember to keep up to date with government advice.
3. Circuit training:-

### WHAT IS CIRCUIT TRAINING?

Circuit training is a fast paced body conditioning workout method that combines several strength training and high-intensity aerobic exercises ( 4 -10 exercises) to create a circuit.

1. Squats  
60 secs

2. Push-ups  
60 secs

3. Jumping Jack  
30 secs

4. Lunges  
45 secs \*

5. Plank  
30 secs

6. Side Lifts  
30 secs \*

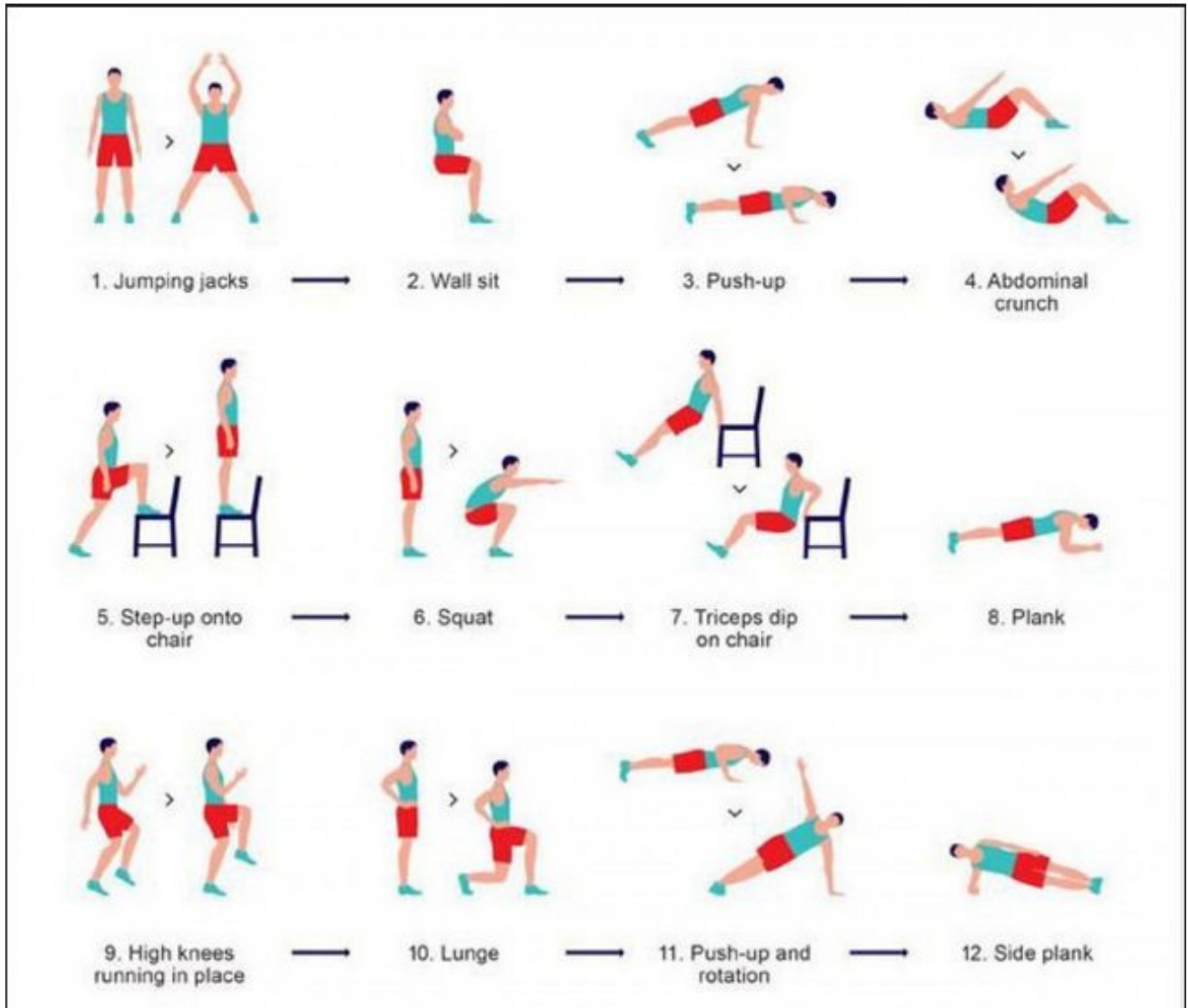
FITWIRR.COM

\* time per side

## KEEPING FIT

Or select 6 exercises from below and perform for 30 secs/1 minute each, with a short rest in between. Try to beat your score or increase the time each time you do it.

Example exercises



4. Finally follow a free exercise video from your tv provider or internet - here is a yoga one <https://www.youtube.com/watch?v=v7AYKMP6rOE>  
Or an aerobics one - [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI).  
There are many more!