



HAGLEY CATHOLIC HIGH SCHOOL



Hub Wellness Workouts:

We have created some Wellness workouts below, no equipment needed, you don't need lots of space to do these.

If you're unsure of what the exercises are just google/YouTube them.

ENJOY!!!

A tough one...

300 squats

200 press ups

100 crunches

Exercises should be done to fatigue eg, as many squats as can when tired move on to as many press ups as can etc and do as many rounds until you reach the number of reps per exercise.

Legs, Cardio and abs

Work for 40 seconds rest for 20 seconds repeat 3-5times (depending on fitness level adjust your work and rest times)

Running on the spot

Plank/ Plank up downs

Squat / Squat Jumps

Star jumps

Lunge Jumps/ Lunges

Running man abs (lying on back crunch up bringing right hand & left foot together back down, crunch up bringing left hand & right foot together etc)

All-rounder...

Work for 40 seconds rest for 20 seconds repeat 3-5times (depending on fitness level adjust your work and rest times)

Lateral Skater Jumps

Tricep Dips (use a step on your stairs or end of a seat)

Leg kicks (abs)

Burpees

Press ups

Lunge Jumps

Walkout plank

Core blast... 30-60sec work 30-60 sec rest 3-5times.

Plank

Running man abs (lying on back crunch up bringing right hand & left foot together back down, crunch up bringing left hand & right foot together etc)

Side plank hold (left side)

Side plank hold (right side)

Superman back extension

Crunches

Bridge