

## *Sancta Maria College Homework-Out*

This is a basic programme designed for students, parents and staff of all ability levels that doesn't require any equipment. If you would like more of a challenge, you can modify the number of repetitions, sets or change the combination of exercises each day.

Have a look at the various options below and decide how much you want to do. This will depend on your goals. For an extra push, add one or both of our 30 Day Challenges with instructions at the end of this document.

There are also a number of home workout Phone Apps. The one below is great.



### Categories

Choose one option from each category

- [Fitness](#) – All depends on whether you can hit the pavement or a park during this time
- [Flexibility](#) – This must be done for a minimum of 10 minutes each morning. Sports teams should aim to do this twice a day
- [Balance & Mobility](#) – Perform each movement with full control (3 – 4 seconds per repetition)
- [30 Day Challenges](#) – Push ups or Squats. Make sure you download these plans from Schoology

### Fitness

Pick a difficulty level and jump between option 1, 2 or 3 depending on how you feel

- Walk – Faster than your casual stroll
- Jog – Comfortable conversation pace
- Run – Added push that requires more controlled breathing

#### **Beginner**

1. 20 minute walk
2. 20 minute walk/jog intervals – walk the majority but add a short jog to increase your heart rate more
3. 40 minute walk

#### **Intermediate**

1. 20 minute jog
2. 20 minute jog/run intervals
3. 40 minute jog

#### **Advanced**

1. 30 minute jog
2. 30 minute jog/run intervals
3. 50 minute jog

### Flexibility

Aim to hold each stretch for a minimum of 12 seconds. YouTube is filled with great options. Find one that suits your needs and do this while watching your favourite show.

Click [HERE](#) for a more comprehensive stretching guide

Here's a good start – 10 Minute Full Body stretch

<https://www.youtube.com/watch?v=Sjh9S2OhDyw>

## Balance and Mobility

Pick an option or build your own

### Option 1

- Bird Dog Balance
- Kneeling plank
- Squat
- Single leg deadlift

### Option 2

- Side plank
- Single leg deadlift
- Walking lunge
- Bird Dog Balance

### Option 3

- Full plank
- Side plank with torso rotation
- Walking lunge
- Marching hip bridge

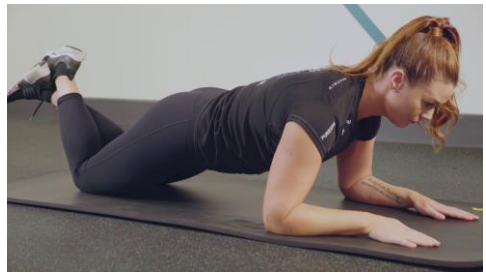
### Build your own

- Kneeling plank
- Full plank
- Side plank
- Side plank with torso rotation
- Bird Dog Balance
- Marching hip bridge
- Single leg deadlift
- Squat
- Walking lunge

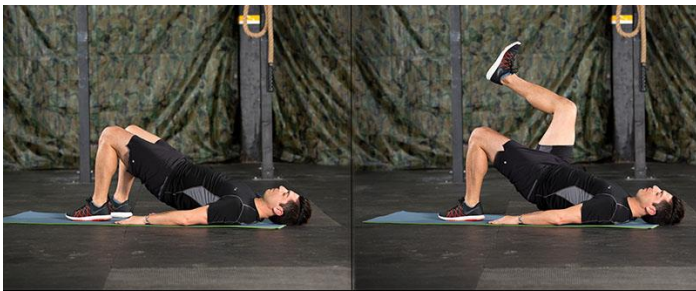
### Side Plank + Side Plank with Torso Rotation



### Kneeling Plank



### Marching Hip Bridge



### Full Plank



### Walking Lunge (You can also do this stationary)



### Single Leg Deadlift



### Squat



### Bird Dog Balance



## 30 Day Challenges

To download the plans, click [HERE](#) for Push Ups and [HERE](#) for Squats

### **Routine**

Aim to complete each daily number at least twice with a 1 minute break between each Set, E.G., Push Ups Day 1 = Do 5 push ups, rest 1 minute and do another 5 to finish your target for Day 1. Easy as!

### **Tackling the large targets**

If the targets get too difficult to complete in a single hit, you can use the “snacktivity” method which is to take bite sized portions of the exercise to reach your target more easily.

E.G., Target is 50 push ups = Complete 5 sets of 10 push ups throughout your entire day or 10 sets of 5 push ups over the course of your morning. The key is to reach your total daily target. Time is not important.

### **Technique**

- Push up – Standing (Novice/Beginner), Kneeling (Intermediate), Full (Advanced)
- Squat – Simple body weight technique (avoid adding resistance to this plan)

### **Altering for experience levels**

- Absolute Novice – Half the listed targets each day
- Beginner – Complete the programme exactly as listed
- Intermediate – Double the listed targets each day
- Advanced – Triple the listed targets each day. Yes, 300 squats is a lot in one session which is why it’s called a challenge!





# THE PUSH UP CHALLENGE



## WEEK 1

**DAY 1:** 5 Push-Ups

**DAY 2:** 5 Push-Ups

**DAY 3:** REST

**DAY 4:** 5 Push-Ups

**DAY 5:** 10 Push-Ups

**DAY 6:** REST

**DAY 7:** 10 Push-Ups

## WEEK 3

**DAY 15:** 20 Push-Ups

**DAY 16:** 24 Push-Ups

**DAY 17:** REST

**DAY 18:** 25 Push-Ups

**DAY 19:** 30 Push-Ups

**DAY 20:** REST

**DAY 21:** 32 Push-Ups

## WEEK 2

**DAY 8:** REST

**DAY 9:** 12 Push-Ups

**DAY 10:** 12 Push-Ups

**DAY 11:** REST

**DAY 12:** 15 Push-Ups

**DAY 13:** 15 Push-Ups

**DAY 14:** REST

## WEEK 4

**DAY 22:** 35 Push-Ups

**DAY 23:** 35 Push-Ups

**DAY 24:** REST

**DAY 25:** 38 Push-Ups

**DAY 26:** 40 Push-Ups

**DAY 27:** REST

**DAY 28:** 42 Push-Ups

## TWO MORE DAYS

**DAY 29:** 45 Push-Ups

**DAY 30:** 50 Push-Ups

# 30-DAY 100 SQUAT CHALLENGE

Day 1 – *20 squats*

Day 2 – *25 squats*

Day 3 – *25 squats*

Day 4 – REST

Day 5 – *30 squats*

Day 6 – *35 squats*

Day 7 – *35 squats*

Day 8 – REST

Day 9 – *40 squats*

Day 10 – *45 squats*

Day 11 – *50 squats*

Day 12 – REST

*(or 10 squats)*

Day 13 – *55 squats*

Day 14 – *55 squats*

Day 15 – *60 squats*

Day 16 – REST

*(or 10 squats)*

Day 17 – *65 squats*

Day 18 – *70 squats*

Day 19 – *70 squats*

Day 20 – REST

*(or 15 squats)*

Day 21 – *75 squats*

Day 22 – *80 squats*

Day 23 – *80 squats*

Day 24 – REST

*(or 15 squats)*

Day 25 – *85 squats*

Day 26 – *90 squats*

Day 27 – *90 squats*

Day 28 – REST

*(or 20 squats)*

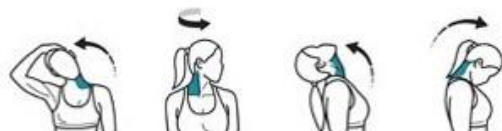
Day 29 – *95 squats*

 Day 30 – 100 squats 

# Stretching Exercises

NewMe FITNESS<sup>SM</sup>  
www.NewMeFitness.net

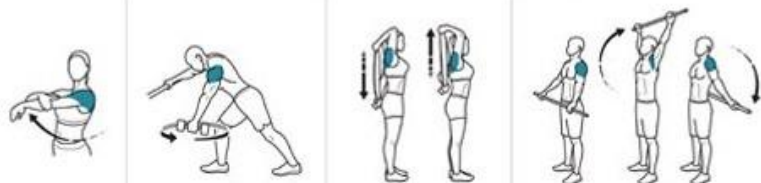
Neck



Forearms



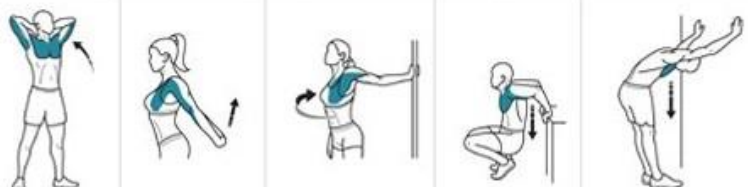
Shoulders



Triceps



Chest, Biceps



Back



Back, Lats



Abs



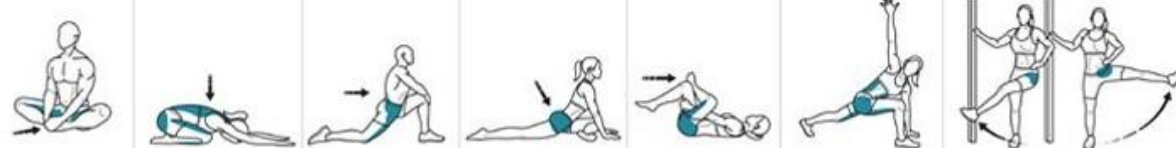
Torso



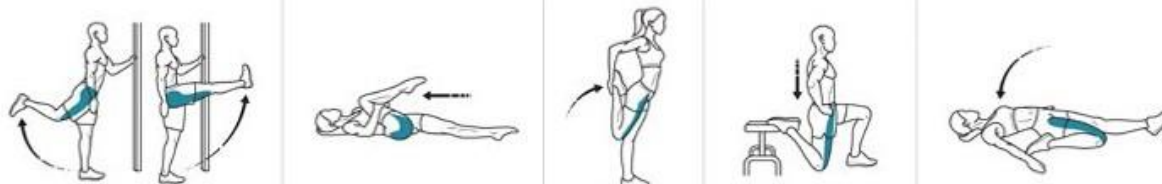
Hips



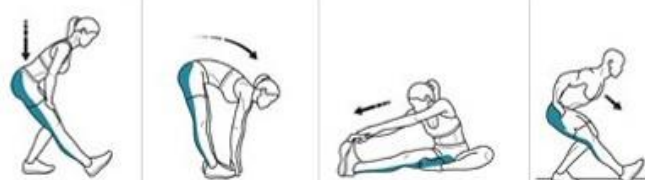
Hips



Glutes, Quads



Hamstrings



Ankles, Calves

