

Oxford Sports **Suspended Play** Fitness Activity

In a safe area of your home or garden, find a suitable flat surface and complete the following exercises. Record how many repetitions and working sets you are able to manage for each.

(Please ensure you consult with your parent / guardian before beginning any exercise program. You should be in good physical condition and good health before engaging any exercise, and you agree that you do so at your own risk).

Basic All-Body Workout:

Lower Body:

Exercise:	Repetitions	How many sets completed
Air squat		
Jump lunges		
Wall sit		
Step ups (find a step)		
Box jumps (find a suitably high platform to jump onto)		

Upper body:

Exercise:	Repetitions	How many sets completed
Press ups		
Incline press ups (hands placed on a raised step)		
Decline press-ups (feet raised on a step, hands on floor)		
Wide arm press-ups (wider than shoulder width)		
Narrow arm press-ups (narrower than shoulder width)		
Tricep dips (find a step or 2 chairs you can lower yourself on)		

Core work:

Exercise:	Repetitions	How many sets completed
Plank		
Side plank		
Sit ups		
Sit up holds (at 45')		
Leg raises (from 90' to verticle – don't let your heels touch the ground)		

Fitness Testing:

These are tests which can be completed weekly to test several key components of fitness

Each of the tests should be performed for exactly 1 minute with the total number of repetitions being recorded. Ideally the rest time should be 1 minute between challenges also

Exercise	Total number of repetitions in 1 minute
Burpees	
Press ups	
Sit ups	
Plank static hold	
Wall-sit static hold	
Incline press ups	
Own body weight "air" squats	
Step-ups	