

## **Isolation Workout**

**(ONCE A DAY)**

### **Stretch/Warm Up**

**March on the spot** – 2mins

**Knee Raises** – 1min

**Shoulder Rolls** – 2 sets (10 reps)

### **Workout**

**Year 7 – 50secs work – 1min break max**

**Year 8 – 1min work – 1min break max**

**Year 9 – 1min 30sec work – 1min break max**

**Year 10 & 11 – 2mins work – 1min break max**

**Star Jumps** – Start by standing tall with your arms by your side, as you jump up extend your arms and legs out into a star shape in the air.

Make sure you land softly with legs together and arms by your side.

Make sure you keep your back straight and abs tightened throughout.

**Plank** – Get into a press up position but using your forearms to support you not your hands. Keep your legs straight and your hips raised so you create a straight line from head to toe.

Keep your abs tensed throughout.

(KEEP A NOTE OF YOUR TIME, HOW MUCH CAN YOU IMPROVE BY THE TIME YOU'RE BACK)

**Press Ups** – Place your hands underneath your shoulders with your arms fully extended. Keep your legs straight and knees off the floor,

bend your arms at the elbow, lower your chest towards the floor and then push yourself back up.

(STRUGGLING? TRY RESTING ON YOUR KNEES, PLACING HANDS SLIGHTLY UNDER YOUR SHOULDERS AND LOWER YOUR CHEST FOR A  $\frac{3}{4}$  PRESS UP)

**Burpees** – Start in a press up position with your arms extended, jump your feet towards your hands. Jump up and extend your hands in the air, soft landing and then back into the press up position.

(JUMPING TOO HARD? TRY JUST STANDING)

**Sit Ups** – Sit with knees bend and feet flat on the floor, lean yourself back but do not allow yourself to lay flat on the ground. Begin to bring your chest to your knees and then repeat.

(TOO EASY? TRY TWISTS WHEN YOU REACH YOUR KNEES TO ENGAGE YOUR OBLIQUES)

**Air Squats** – Stand with your feet shoulder width apart, have your arms stretched out in front of you for help with balancing.

Begin to lower yourself until your knees are almost at a right angle.

Keep your back straight and try not to let your knees go past your toes as you squat.

**Tricep Dips** – Hold onto the side of your bed or a chair. Make sure your body is in front of the chair and legs are extended, bend your arms at the elbow to lower your body and then extend back up. Do not let yourself sit on the floor as you lower yourself.

(TOO EASY? TRY SLOWING YOUR TIME WHEN EXTENDING THE ELBOWS TO INCREASE YOUR MUSCULAR CONTROL)

**Lunges** – Start with feet together, step one foot forward and bend the back leg until your knee touches the floor. Bring feet back together as you stand back up. Make sure you alternate feet.

(TOO EASY? TRY JUMPING LUNGES BUT MAKE SURE YOU HAVE A SOFT FLOOR FOR YOUR KNEES)

### **Cool down**

**Hamstring Stretch** – Lay down on your back, keep one foot flat on the ground with your knee bent. Raise the other leg in the air with your hands holding under your knee. Pull the raised leg towards you slowly.

**Shoulder Rolls** – Keep arms down by your side and roll your shoulders forward/backwards.

**Laying Knee Raises** – Lift your knee and pull it towards your body and hold for 10 seconds. One leg at a time.

**Thigh Stretch** – Stand and lift one leg behind, bring your foot towards to you and hold your ankle.

**Arm stretch** – Put arm across your body, use your other arm to help the stretch.

**Back stretch** – Lay on your back with a small pillow under your head, put both arms stretch out beside you. Bend your knees and have your feet flat on the floor and roll your knees to one side, return to the starting position before rolling to the other side. Make sure upper body is relaxed and your shoulders must not leave the floor during the movement.