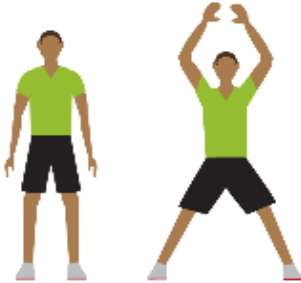


Warm Up

20 Jumping Jacks/Star Jumps



20 High Knees



20 Lunges



10 Squat Jumps



10 Inch worms



Or Try this YouTube Cardio Warm Up:

<https://www.youtube.com/watch?v=ZkvJVq5yVok&t=2s>

Challenge 1

- Working hard: 30 seconds Rest: 60 seconds

Beginner: Complete x 2

Intermediate: Complete x 3 times

Advanced: Complete x 4/5 times

(1 minute break between sets)

30 Min Challenging HIIT Bodyweight Workout

5 minute warm-up

30 seconds	Burpees
60 seconds	REST
30 seconds	Star jumps
60 seconds	REST
30 seconds	Twisting pistons
60 seconds	REST
30 seconds	Jumping lunges
60 seconds	REST

Repeat 3x (or 18 mins!)

BONUS: 60 seconds mountain
climbers with 60 seconds rest

5 minute cool-down

How to Videos to do a:

Burpee: https://www.youtube.com/watch?v=mUYJqe_sJFE&t=79s

Star Jump: https://www.youtube.com/watch?v=zgL_kXl7Aqc

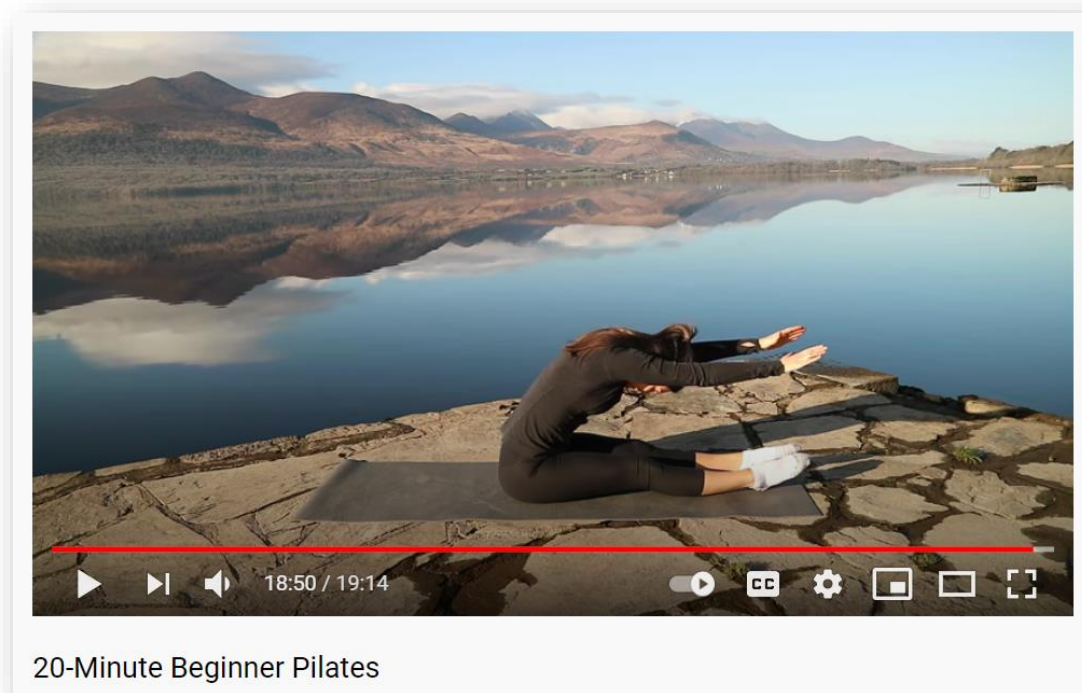
Twisting Pistons: <https://www.youtube.com/watch?v=HilAisRJCgo>

Jumping Lunges: <https://www.youtube.com/watch?v=kneZ1IWUQUY>

Challenge 2 – Pilates for Beginners

20 minute - Beginners Pilates

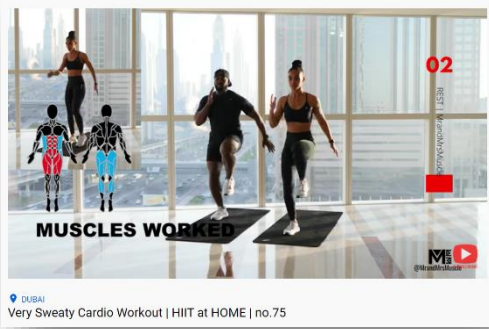
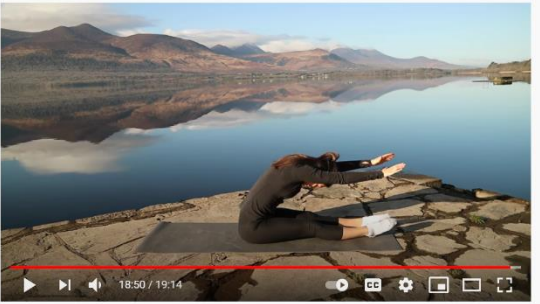
Click on this Link - https://www.youtube.com/watch?v=w_0r5mXpmA



10 BENEFITS OF PILATES

- 1. Improves core strength**
- 2. Decreases or prevents back pain**
- 3. Improves posture**
- 4. Improves strength**
- 5. Improves flexibility**
- 6. Improves mental strength**
- 7. Improves awareness**
- 8. Allows you to de-stress**
- 9. Improves endurance**
- 10. Improves the quality of life**

Week Six Lockdown - Workout Plan Guideline

<p>Day 1</p>	<p>MrandMrsMuscle – Very Sweaty Cardio Workout https://www.youtube.com/watch?v=0kyoJ8Wh18w&t=307s</p>  <p>Full Body Stretch https://www.youtube.com/watch?v=dhFCO37us7w&t=153s</p>																
<p>Day2</p>	<p>3k /5K - Run/Walk (<i>See Couch to 5k Plan below</i>)</p>																
<p>Day 3</p>	<p>Rest Day</p>																
<p>Day 4</p>	<p>Challenge 1 <u>or</u> Challenge 2</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>30 Min Challenging HIIT Bodyweight Workout</p> <p><i>5 minute warm-up</i></p> <table style="margin: auto;"> <tr><td>30 seconds</td><td>Burpees</td></tr> <tr><td>60 seconds</td><td>REST</td></tr> <tr><td>30 seconds</td><td>Star jumps</td></tr> <tr><td>60 seconds</td><td>REST</td></tr> <tr><td>30 seconds</td><td>Twisting pistons</td></tr> <tr><td>60 seconds</td><td>REST</td></tr> <tr><td>30 seconds</td><td>Jumping lunges</td></tr> <tr><td>60 seconds</td><td>REST</td></tr> </table> <p>Repeat 3x (or 18 mins!)</p> <p>BONUS: 60 seconds mountain climbers with 60 seconds rest</p> <p><i>5 minute cool-down</i></p> </div>	30 seconds	Burpees	60 seconds	REST	30 seconds	Star jumps	60 seconds	REST	30 seconds	Twisting pistons	60 seconds	REST	30 seconds	Jumping lunges	60 seconds	REST
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<p>Day 5</p>	<p>3k /5K - Run/Walk (<i>See Couch to 5k Plan below</i>)</p>																
<p>Day 6</p>	<p>Challenge 1 <u>or</u> Challenge</p>  <p>20-Minute Beginner Pilates</p>																
<p>Day 7</p>	<p>Rest Day</p>																

****REMEMBER: This is only a guideline Plan. If you only do one of the Day's activities that's great. Only do what you can do****



Couch to 5K Jogging Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Run 1 min, walk 1 min. Repeat 10 times.	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest	Rest	Run 2 mins, walk 4 mins. Repeat 5 times.	Rest
WEEK 2	Run 3 mins, walk 3 mins. Repeat 4 times.	Rest	Run 3 mins, walk 3 mins. Repeat 4 times	Rest	Rest	Run 5 mins, walk 3 mins. Repeat 3 times.	Rest
WEEK 3	Run 7 mins, walk 2 mins. Repeat 3 times	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest
WEEK 4	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest	Run 10 mins, walk 2 mins. Repeat twice, then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times.	Rest
WEEK 5	Run 9 mins, walk 1 min. Repeat 3 times	Rest	Run 12 mins, walk 2 mins. Repeat twice, then run for 5 mins	Rest	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest
WEEK 6	Run 15 mins, walk 1 min. Repeat twice	Rest	Run 8 mins, walk 2 mins. Repeat 3 times	Rest	Rest	5k Race!	Rest



Irish Heart Foundation

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