



TRAINING DURING LOCK DOWN





How do you keep fit during lock down with no access to the gym or any fitness equipment? You will be surprised at what you can do with very little equipment.

If you live in a house the first asset you have available are the stairs. You can use these in two ways, walking up and down the stairs one at a time for 30 minutes is a great aerobic session. Alternatively walking up and down the stairs two and three at a time will build up strength in the leg muscles.

The focus of this training is not to improve your strength, CV fitness or anaerobic threshold, rather to simply keep your body ticking over and not losing any fitness.

There are three sessions set out below. Choose the one that is most suited to you or rotate between them to give some variety.

The three circuits: Prepare for your training session as usual with a warm-up followed by stretching.

CIRCUIT 1:

Bedroom circuit

Equipment required:

CHAIR

Exercise	Reps	Sets
Triceps Dips	20	3
Dorsal Raise	30	3
Inclined Press-up	20	3
Crunches	30	3

Triceps Dips

Method: Place your heels on the floor and support yourself with your hands behind you on a chair or the side of the bed. Lower your body slowly until your upper arms are horizontal, keeping your legs straight. Return to the starting position. To make this more difficult put your feet on another chair or bed.

Dorsal Raise

Method: Lying on your front on the floor or bed raise your feet and chest, hold for three seconds and then lower slowly. To make this less difficult put your hands behind your back. To make it more difficult hold.

Inclined Press-ups

Method: Place your feet on a chair or bed and hands on the floor underneath your

shoulders. Lower your chest slowly to the floor keeping your body straight. Straighten your arms to return to the start position.

Crunches

Method: Lay on the floor on your back, holding your calves horizontal and at right angles to your thighs. With your arms crossed on your chest lift your shoulders off the ground, then return slowly to the starting position. To make this easier put your arms by your sides. To make it more difficult hold your fingers to your temples, but do not pull on your head or neck with your arms.

These exercises do not involve any impact and so should not bother others. One set consists of 300 exercises at the end of which you rest until your pulse rate drops to around 140, then repeat.



CIRCUIT 2:

This is another body weight circuit that does not need any equipment and very little room and is good for general fitness as it involves most major muscle groups.

Exercise	Reps	Sets
Star Jumps	20	3
Press-ups	30	3
Sit-ups	20	3
Burpees	30	3

CIRCUIT 3:

The third circuit is separated into two sections, a lower body section and an upper body section.

Exercise	Reps	Sets
Star Jumps	15	4
Squat Thrusts	15 each side	4
Lunges	15	4
Burpees	15	4

This rotation should be repeated four times as continuously as possible.

Star Jumps

Method: Start in a standing position, squat down until you can touch the floor then in one action jump into the air opening your arms and legs into a star. You should land with your feet together and hands by your sides ready to start again.

Press-ups

Method: Start lying on your front with your palms below your shoulders, fingers pointing forwards and on the balls of your feet. Straighten your arms keeping your trunk in a straight line. Return to starting position.

Sit-ups

Method: Lie on your back with your feet flat on the floor and your arms crossed on your chest. Lift up your shoulders and back until your body is off the floor. Return slowly to the starting position.

Burpees

Method: Start standing, squat down and place your palms on the floor with your fingers pointing forward. Straighten your legs, taking your weight on your hands until you are in a press up position. Bring your legs back so your feet are between your hands, then jump as high as you can into the air.

Star Jumps

Method: Start in a standing position, squat down until you can touch the floor then in one action jump into the air opening your arms and legs into a star. You should land with your feet together and hands by your sides ready to start again.

Squat Thrusts

Method: Start squatting down with your feet between your hands. Take your weight on your hands and straighten your body to the press up position. Bring your feet back between your hands

Lunges

Method: Start standing with your weight evenly on both feet. Step forward with one

leg and bend the front knee, keeping your back vertical. Then straighten the front leg, returning to the standing position. Note: when starting this exercise begin with small steps until you are familiar with the action.

Burpees

Method: Start standing, squat down and place your palms on the floor with your fingers pointing forward. Straighten your legs, taking your weight on your hands until you are in a press up position. Bring your legs back so your feet are between your hands, then jump as high as you can into the air.



CIRCUIT 3:

Upper Body, this is a circuit of body weight exercises.

Exercise	Reps	Sets
Press-ups: Normal Grip	25	4
Sit-ups	25	4
Triceps Dip	25	4
Dorsal Raise	25	4
Press-ups: Close Grip	25	4
Crunches	25	4
Angels (each side)	25	4

Angels

Method: Start lying on your front and raise the opposite arm and leg, trying to keep hips and lower back as still as possible. Return to lying flat then repeat using the other leg and arm.

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URE

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