

PE Challenge - Week beginning 11th May 2020

#staystrong

#stayupright

#farmerswalk

In this week's PE challenge we are focusing on an exercise called The Farmer's Walk. It involves walking (as the name suggests) with weights over a short distance. This exercise is great for building upper and lower body strength and is also a superb cardio workout if done properly. Remember to keep the back straight to ensure core engagement.

Make sure to warm-up properly - big swings of the arms, hip rotations and something to raise your heartrate.

The key to making it a challenging workout is to choose a weight that tires you out but does not make you exhausted after a couple of attempts or risk injury when lifting.

The beauty of this exercise is you can use a variety of household items so no specialised equipment is needed. So grab yourself the strongest pair of shopping bags you have in the house and fill them with items such as - empty bottles destined for the recycling bin (filled with water), cans, tins, doorstops and anything else that won't damage easily if dropped. Now mark out 2 points (one to start and finish at and the other to walk around). With a straight back lift the 2 shopping bags (try to have them identical or very close to in weight) and off you go. **Remember you must only walk this exercise.** Do 1 lap. If the bags are too heavy or light, adjust accordingly. Do another lap. Depending on the size of your course you may want to do 2 or 3 laps before resting. Below is an example of a typical programme to follow. Do adjust for your own needs and space available.

1 lap-10 sec rest-1 lap-10 sec rest-1 lap-10 sec rest-1 lap-10 sec rest-1 lap

Rest for 2 minutes then repeat above.

After your first set you should be a little tired and breathing heavier. If not, increase the weight or the number of laps before resting. If you are shattered, then reduce the weight or number of laps.

Remember to keep your back straight and don't use anything valuable or easily breakable!

#strength

#stamina

#solvingproblems