

## PE Challenge - Week beginning 20<sup>th</sup> April 2020

#stayactive

#stayhome

#spartanstrength

In this week's PE challenge we are using a training principle called the Pyramid Method. Your muscles will feel challenged and thoroughly exhausted by the time you reach the top of the pyramid which is what you need for improved strength. The pyramid sequence works nicely because the first set serves as an extra warm-up, increasing blood flow to the muscles you will be working, and the last set as a nice cool-down.

Make sure to warm-up properly and have a soft drink/water and a towel at hand - you will need it! Choose any **3** exercises from the list below and after your warm-up do them one-after-the-other. Below is an example.

**Squat Thrusts, Mountain Climbers, Press-ups, Tuck Jumps, Jumping Jacks, Burpees, Sit-ups, Star Jumps or Squats.**

- Warm-up.
- 5 x Squats, 5 x Sit-ups and 5 x Jumping Jacks.
- Then have a short rest, 1-2 mins is usually enough.
- 10 x Squats, 10 x Sit-ups and 10 x Jumping Jacks
- Rest (1-2 mins)
- 15 x Squats, 15 x Sit-ups and 15 x Jumping Jacks
- Rest (1-2 mins)
- 20 x Squats, 20 x Sit-ups and 20 x Jumping Jacks
- Rest (you may need longer now as you have worked harder and longer e.g. 2-3 mins)
- 20 x Squats, 20 x Sit-ups and 20 x Jumping Jacks
- Rest (2-3mins but take longer if need be)
- 15 x Squats, 15 x Sit-ups and 15 x Jumping Jacks
- Rest (as long as it takes as you have worked hard so far)
- 10 x Squats, 10 x Sit-ups and 10 x Jumping Jacks
- Rest
- 5 x Squats, 5 x Sit-ups and 5 x Jumping Jacks

Well done. You have completed an amazing 300 exercises. Now rest, then cool-down with some light stretches until your breathing gets back to normal. Stay hydrated throughout the day.

**Tuesday** - choose 3 different exercises and repeat the above.

**Wednesday** - choose 3 different exercises and repeat the above.

**Thursday** - choose 1 exercise you did on Monday, 1 from Tuesday and 1 from Wednesday. Repeat the pyramid.

**Friday** - choose 1 exercise you did on Monday, 1 from Tuesday and 1 from Wednesday (But different than Thursday's selection).

**300 exercises per day x 5 = AWESOME! That's 1500 exercises - BOOM!!**

#youareawesome

#lockdownfitness

#stayinghealthy