

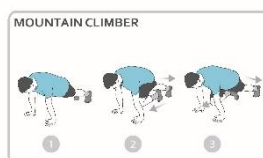
# Mr. Seymour's 4 Week Workout Sessions

While we are all at home it is vitally important for us to all keep fit and healthy. Follow my 4 week workout plan to ensure that you improve your wellbeing. Fitness is great for your mind and body and helps you to feel refreshed, revitalised and ready for the day ahead. Following this plan will help you both physically and mentally and prepare you to tackle your academic responsibilities as your mind will feel relaxed and ready for action.

Enjoy working from home, stay safe and keep fit!

## WEEK 1

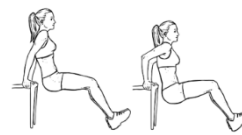
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Open the gates 30 secs 10 spotty dogs Sprint on the spot 10 secs Hip circles(hula hoops) 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Sit ups Star jumps Burpees Shadow boxing Mountain climbs Press ups	<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Open the gates 30 secs 10 spotty dogs Sprint on the spot 10 secs Hip circles (hula hoops) 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Squat jumps Tuck jumps Plank Mummy kicks Heel flicks High knees	<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Open the gates 30 secs 10 spotty dogs Sprint on the spot 10 secs Hip circles (hula hoops) 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Crunchies Plank Mountain climbs Step ups Throw and catch Backwards lunges	<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Open the gates 30 secs 10 spotty dogs Sprint on the spot 10 secs Hip circles (hula hoops) 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Tricep dips Sprint on spot Mummy kicks Press ups Shadow boxing Burpees	<b>REST DAY</b>



Crunchies



Tricep dips



climbs



Open the gates

## WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs High knees 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Disco runs Side steps Skip Rope climb runs Hip raises Shadow boxing	<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs High knees 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Squat jumps Star jumps Knee to elbow raises One leg squat jumps Mummy kicks	<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs High knees 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Throw and catch Basketball bounces Football kick ups Cross legged press ups Burpees	<b>Warm up-</b> Jog on the spot 10 secs Arm swings 30 secs Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs High knees 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) High knees sprint Mountain climbs Shadow boxing Side leg raises Back leg raises V ups Crunch kicks	<b>REST DAY</b>



WorkoutLabs.com

Hip raises



WorkoutLabs.com

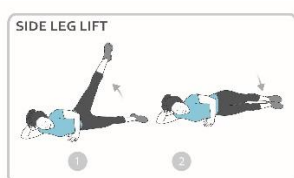
V ups



Crunch kicks

# WEEK 3

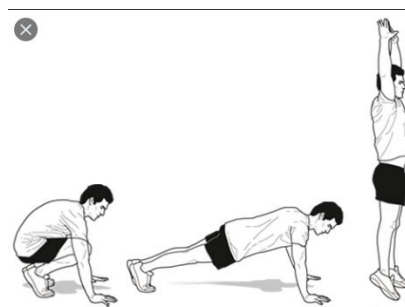
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm up-</b> Jog on the spot 10 secs Hula hoops 30 secs Backward Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs Open the gates 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Knee in twists Scissors Wall sit Russian twists Sit ups Jump squats	<b>Warm up-</b> Jog on the spot 10 secs Hula hoops 30 secs Backward Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs Open the gates 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Press ups Side leg raises Spotty dog Sit ups Shadow boxing Tricep dips	<b>Warm up-</b> Jog on the spot 10 secs Hula hoops 30 secs Backward Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs Open the gates 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) Hip raises Tuck jumps Press ups V ups Burpees Skip	<b>Warm up-</b> Jog on the spot 10 secs Hula hoops 30 secs Backward Lunges 30 secs Heel flicks 30 secs 10 leg swings Sprint on the spot 10 secs Open the gates 20 secs <b>Main activities-</b> (30 second activity 30 second rest period) High knees Mountain climbs Plank Mummy kicks Rope climb runs Disco runs	<b>REST DAY</b>



Side leg raises



Back leg raises



Burpees

## WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm up-</b> Jog on the spot 10 secs Leg raises 30 secs lunges 30 secs ankle rotations 30 secs 10 leg swings Sprint on the spot 10 secs Shadow boxing 20 secs <b>Main activities-</b> (40 second activity 20 second rest period) Crunchies Hip raises Knee in twists V ups Press ups	<b>Warm up-</b> Jog on the spot 10 secs Leg raises 30 secs lunges 30 secs ankle rotations 30 secs 10 leg swings Sprint on the spot 10 secs Shadow boxing 20 secs <b>Main activities-</b> (40 second activity 20 second rest period) Jump squats Disco runs Sit ups Rope climb runs Mountain climbs	<b>Warm up-</b> Jog on the spot 10 secs Leg raises 30 secs lunges 30 secs ankle rotations 30 secs 10 leg swings Sprint on the spot 10 secs Shadow boxing 20 secs <b>Main activities-</b> (40 second activity 20 second rest period) Basketball bounces Football kick ups Throw and catch Jump squats Plank	<b>Warm up-</b> Jog on the spot 10 secs Leg raises 30 secs lunges 30 secs ankle rotations 30 secs 10 leg swings Sprint on the spot 10 secs Shadow boxing 20 secs <b>Main activities-</b> (40 second activity 20 second rest period) Backwards lunges Side leg raises Knee to elbow raises High knees Heel flicks	<b>REST DAY</b>



Squat jumps



Lunges

ee to elbow  
es

**Here are some alternative ways you can keep active during your time at home:**

Try Joe Wicks home workouts every morning Monday to Friday at 9am:

[https://youtu.be/4wzoy\\_J3I\\_c](https://youtu.be/4wzoy_J3I_c)

Or why not check out Active.com indoor 30 minute workouts:

<https://www.active.com/fitness/articles/30-minute-indoor-workout-to-beat-the-cold-weather-blues?page=1>

Another one that I enjoy is Physical Kitchness no equipment workouts:

<https://physickitchness.com/no-equipment-home-cardio-workout/>

Why not try 5 a day, 5 minute themed workout fun for kids:

<https://player.5-a-day.tv/player>

Or 10 fun fitness ideas for kids:

<https://itsalovelylife.com/10-fun-fitness-ideas-for-kids-no-equipment-needed/>

Here are some great children's Young Champions programmes to follow, click the link below to register for free:

[https://www.amaven.co.uk/young-champions?code=directamaven&utm\\_source=ZohoCampaigns&utm\\_campaign=Young+Champions+Direct+Amaven&utm\\_medium=email](https://www.amaven.co.uk/young-champions?code=directamaven&utm_source=ZohoCampaigns&utm_campaign=Young+Champions+Direct+Amaven&utm_medium=email)