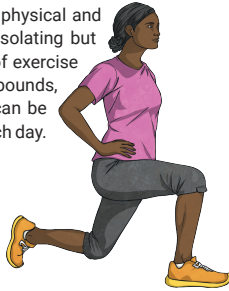


Self-Isolation Exercise Ideas

It's important to take care of our physical and mental health while we are self-isolating but it may be difficult to do the sort of exercise we're used to. With the gym out of bounds, these simple and fun exercises can be done in your house and garden each day.

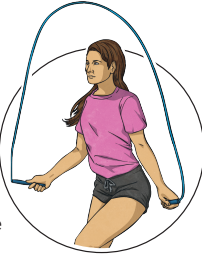


Skiping Skills

Skiping is an excellent workout for adults and children. Try these challenges:

- Do as many skips as possible in one minute.
- Skip on one leg.
- Cross your arms to skip.
- Skip backwards.

Speed it up or slow it down, depending on how you feel or how much you want to push yourself. You could even create a 'routine' with a family member or compete with someone by video call!



1

Self-Isolation Exercise Ideas

Hula-Hooping

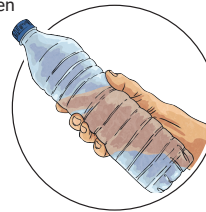
Hula-hooping is great fun to do with children, indoors or out, and really helps work your abdominal muscles and core strength. Try these challenges:

- Keep the hoop spinning on your arm or leg.
- Pass the hoop from one arm to the other and back again.
- See how long you can keep the hoop spinning around your tummy.

Water Bottle Weights

If you're looking for resistance training, use everyday household objects to help.

Water bottles make great hand weights so you can do bicep curls, shoulder presses, lateral raises and triceps extensions in your home or garden. You can even use them with squats and lunges. If you want to work harder, fill the bottles with more water!



Self-Isolation Exercise Ideas

2

Stair Reps

Climbing the stairs is an excellent cardio workout which uses all the same muscles as walking up and down hills.

- Run up the stairs and then slowly walk down before running back up. Increase your reps each day.
- Add in a high knee lift on each step to work harder.
- Use the bottom step to do a simple step routine with back leg raises, high knees, squats and arm raises.

Obstacle Course

Use the furniture in your house or garden to create an obstacle course. This is one you can do with the whole family. Here are some examples:

- Jump over cushions.
- Hop around a chair.
- Ride a scooter along the path.



Dance Party

Put some music on and hit the dance floor! Not only is dancing a great workout, singing along can help to lift your mood as well.

3

Self-Isolation Exercise Ideas

Pyramid Workout

This is a great workout for the garden or your front room:

- One squat, run or walk across the lawn or room, two squats, run or walk back, three squats...
- Repeat until you reach 15 squats.

You could replace the squats with push-ups, sit-ups, lunges, star jumps or any other exercise you want to work on.

If 15 is too many for now, do what you can and work up to this.



Animal Races

This is one for all the family:

- Hop across the room like a frog.
- Waddle like a duck.
- Sidestep like a crab.
- Bounce like a kangaroo.
- Crawl like a bear.

This is great exercise and lots of laughs! (You could even share it by video!)



Self-Isolation Exercise Ideas

4

Follow the Leader

Take it in turns to be the family's personal trainer.

Plan ten minutes of exercises, such as skipping, sit-ups, lunges, running on the spot or burpees, and lead your class through the workout. Whatever you do, they must follow!



Outdoor HIIT Workout

- Do a minute of skipping, running on the spot or star jumps to increase your heart rate.
- Then, do ten reps each of squats, ten lunges and ten leg raises.
- Add in ten shoulder presses, lateral raises and bicep curls.
- Follow this with another minute of exercise to increase your heart rate again.

Take ten or 15 minutes for a HIIT workout like this. You can either mix up the exercises you do each time or stick with the same ones and monitor your progress over time.



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Self-Isolation Exercise Ideas

Chair-Based Exercise

You can still exercise from a chair! Ideally, use a supportive chair with armrests.

- Neck stretch – tilt your head to one side as far as you can comfortably and, with the opposite arm, reach for the floor. Hold the stretch for a short time and then repeat on the other side.
- Shoulder circles – put your fingers on your shoulders and rotate your shoulders forwards ten times and then backwards ten times.
- Seated row – put your feet flat on the floor and hold your arms in front of you with your thumbs upwards. Pull your elbows in towards the body and feel your shoulder blades squeeze together. Then, extend your arms again and repeat ten times.
- Knee lifts – place your feet flat on the floor and sit up straight. Slowly, lift your left knee towards your chest and then lower it back to the floor. Repeat with your right leg, doing 20 repetitions in total. If you want to make this harder, hold your leg in the raised position for a count of 5 before lowering back to the floor.
- Abdominal twists – with your elbows to the side and hands out in front at a right angle, rotate your torso from side to side, repeating ten times each side.
- Forward bend – with your feet hip width apart and feet flat on the floor, stretch upwards and then slowly lean forwards and drop your hands to your feet. Hold for a count of ten or 20 for a longer stretch - and then return to sitting. Repeat five times.

Self-Isolation Exercise Ideas

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