



# 30 Day Fitness Plan





## Coronavirus and keeping active with YDP

In light of the fast paced rate of change around coronavirus, we wanted to set out a plan below to support students and parents during the impending school closure and isolation period. We have created a 30 day plan (to include the Easter holidays) to keep everyone active:

**Day 1:** Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

**Day 2:** 1 minute Plank (twice - am and pm).

**Day 3:** Take a 15 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 4:** Upper body: 30 Shoulder Rolls, 30 Downward Dog to Plank, 30 Tricep Dips, 30 T-lifts. Repeat 3 times.

**Day 5:** 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

**Day 6:** Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

**Day 7:** Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 8:** Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 9:** Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

**Day 10:** Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

**Day 11:** Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.



**Day 12:** 1 minute Plank (am, lunchtime and pm).

**Day 13:** Take a 20 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 14:** Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 15:** 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

**Day 16:** Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

**Day 17:** Upper body: 30 Shoulder Rolls, 30 Downward Dog to Plank, 30 Tricep Dips, 30 T-lifts. Repeat 3 times.

**Day 18:** Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 19:** Core: Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 20:** Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

**Day 21:** Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

**Day 22:** 1 minute Plank (am, late am, afternoon and evening).

**Day 23:** Take a 25 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 24:** Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

**Day 25:** 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.



**Day 26:** Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

**Day 27:** Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

**Day 28:** Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

**Day 29:** Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

**Day 30:** Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

Please only exercise if you are feeling fit and well. Avoid exercising and take doctors advice immediately if you start to feel unwell.

### **Stay connected**

We will be updating our social media platforms daily to continue to support parents and children. Details of which are shared below:

Twitter [@YDPltd](https://twitter.com/YDPltd)

Instagram [@youthdreamsproject](https://www.instagram.com/youthdreamsproject)

Facebook [@Youth Dreams Project](https://www.facebook.com/YouthDreamsProject)

Continue to wash your hands, eat the rainbow and drink plenty of water to stay fit and well.

**The YDP Team**

[www.youthdreamsproject.co.uk](http://www.youthdreamsproject.co.uk)

 Twitter [@YDPltd](https://twitter.com/YDPltd)  Instagram [@youthdreamsproject](https://www.instagram.com/youthdreamsproject)  Facebook [@Youth Dreams Project](https://www.facebook.com/YouthDreamsProject)

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