

ŠPORT: 23. 3. – 27. 3. 2020

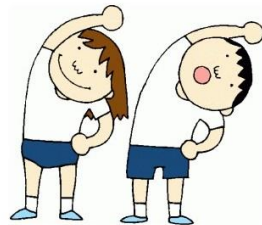
V času, ko je šola zaprla svoja vrata, vas pozivam k vsakodnevnemu gibanju v okolici svojega doma in v krogu svoje družine. S tem namreč krepite svoj imunski sistem. Priporočam sprehod po poteh, ki niso »obljudene« - polne ljudi, tek, kolesarjenje ter odsvetujem dejavnosti v strnjenih skupinah.

Ker pa je za ta teden napovedano hladno, vetrovno in slabo vreme, vam pošiljam nekaj idej za vadbo v takih vremenskih razmerah. S temi vajami boste krepili moč celega telesa, nekatere vaje pa so kot sprostitvev pred spanjem ali za zdrav in aktiven začetek dneva – tudi pred šolskim delom.

Izberite, poskusite sami ali s svojo družino. Odprite si okno ali prezračite prostor, nato pa začnite z gibanjem.

Še naprej skrbite za osebno higieno in ostanite doma!

ŽELIM VAM OBILO UŽITKOV!

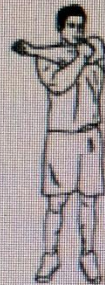


morning stretch

by DAREBEE
© darebee.com
30 seconds each



shoulder stretch #1



shoulder stretch #2



upper back stretch



core stretch



hamstring stretch



glute stretch



quad stretch

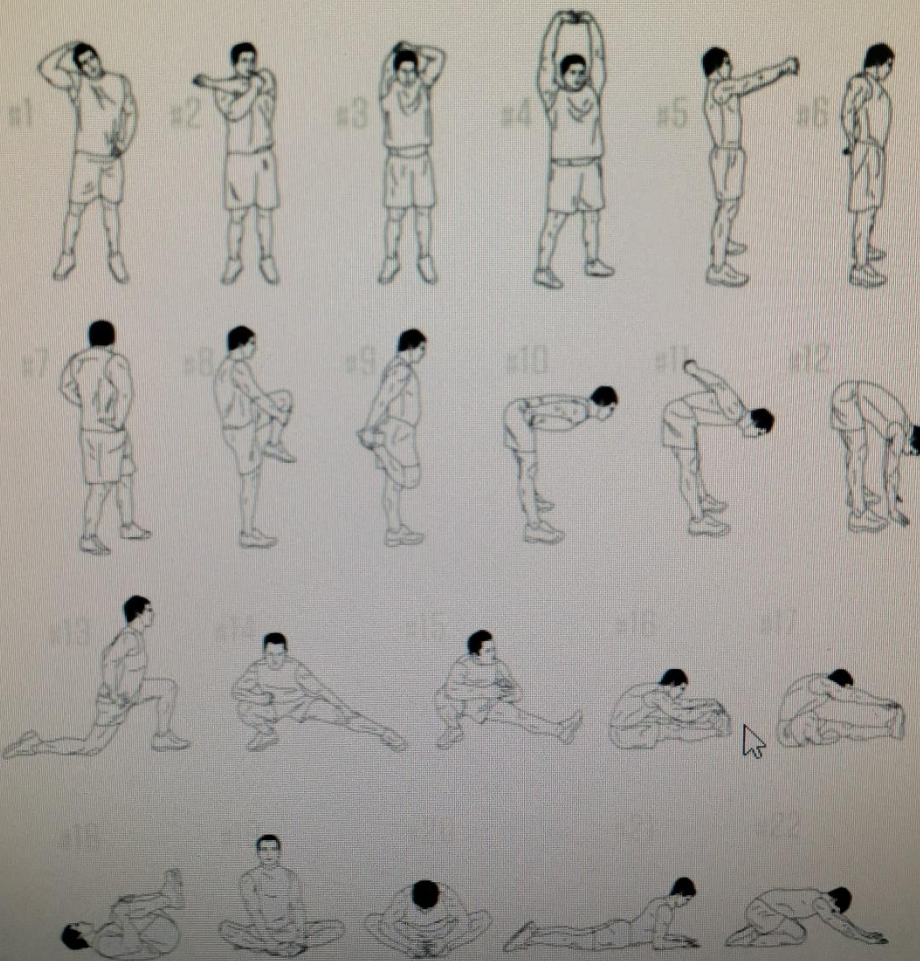


calf raise hold



top to bottom

STRETCHING / COOLDOWN BY DAREBEE © darebee.com
Repeat each stretch for 20 seconds / 20 seconds per side.



cardio & core burn

DAREBEE
WORKOUT

@ darebee.com

Level I 3 sets

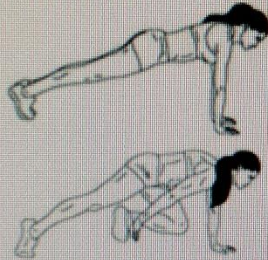
Level II 5 sets

Level III 7 sets

2 minutes rest between sets



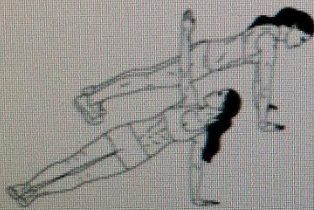
20 high knees



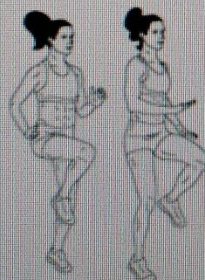
4 climber taps



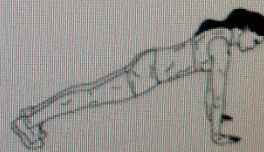
20 high knees



4 plank rotations



20 high knees



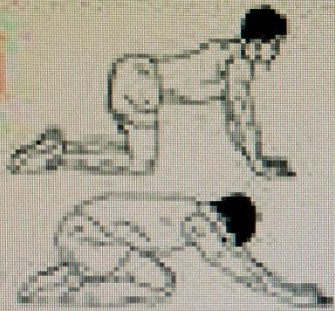
20-count plank hold

lower back

NEILA REY WORKOUT © neilarey.com

Helps reduce lower back pain, tension and soreness

1



10 bottom to heels stretch

2



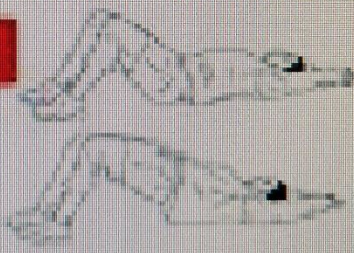
10 opposite arm / leg raises

3



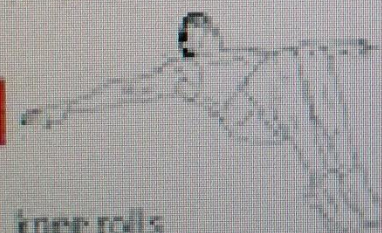
10 back extensions

4

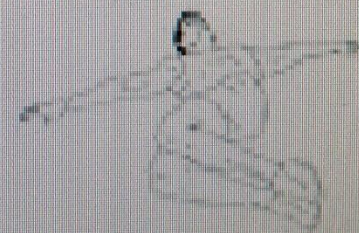


10 bridges

5



10 knee rolls

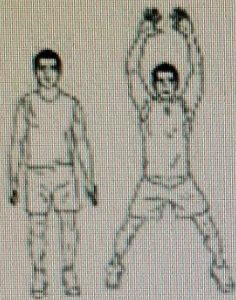


IN COLLABORATION WITH **NHS** choices

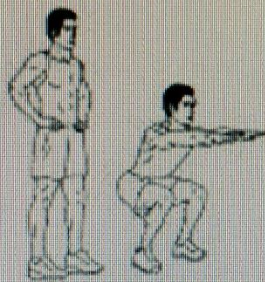
daily workout

NR PROJECT WORKOUT © neilarey.com

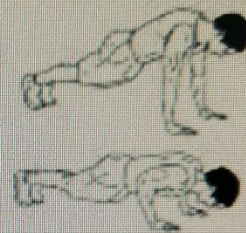
3 sets | up to 2 minutes rest between sets



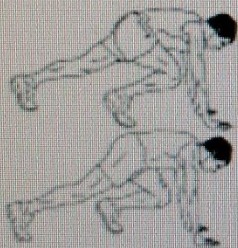
10 jumping jacks



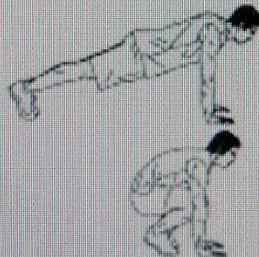
5 squats



5 push-ups



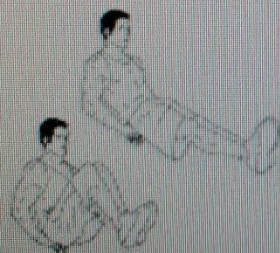
10 climbers



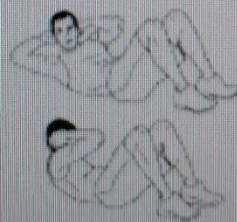
10 plank jump-ins



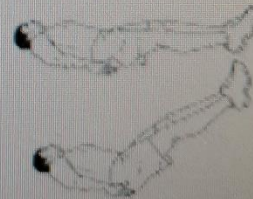
10 high knees



5 knee pull-ins

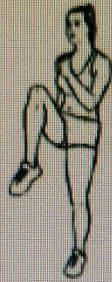


10 cross crunches



10 leg raises

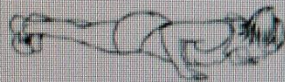
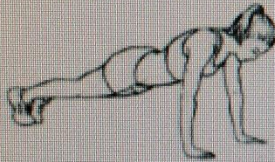
Greatist Full-Body Warm-Up



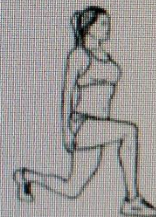
High Knees
30 secs



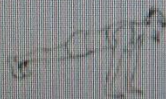
Jump Squat
10 reps



Pushup
10 reps

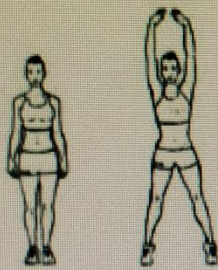


Bodyweight Walking Lunge
10 reps

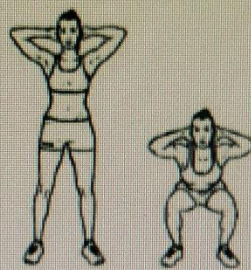


Burpees
10 reps

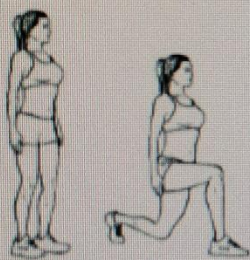
At Home Workout for Beginners



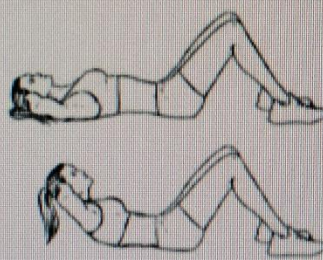
Jumping Jacks / Star Jumps
40 reps



Bodyweight Squats
2 sets / 20 reps



Bodyweight Walking Lunges
2 sets / 8 reps



Crunches
2 sets / 15 reps

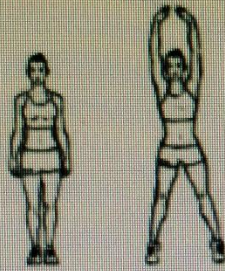


Modified / Knee Push-ups /
Pushups
2 sets / 15 reps

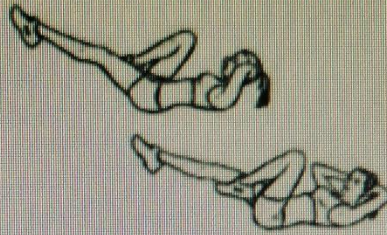


Alternate Heel Touchers /
Lying Oblique Reach
2 sets / 20 reps

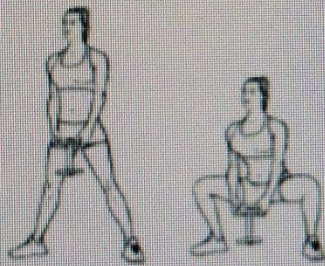
Intense Full Body Morning Workout



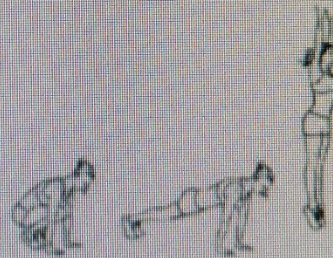
Jumping Jacks / Star Jumps
3 sets / 60 secs



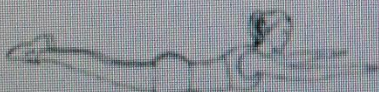
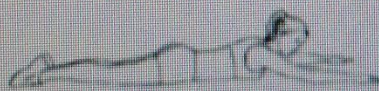
Bicycles / Elbow-to-Knee
Crunches / Cross-body
Crunch
3 sets / 80 reps



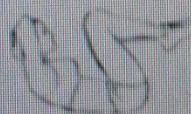
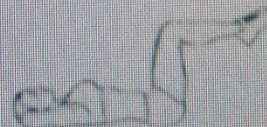
Sumo / Pi Dumbbell Squat
3 sets / 25 reps / 20 lbs



Burpees / Squat Thrust
3 sets / 15 reps

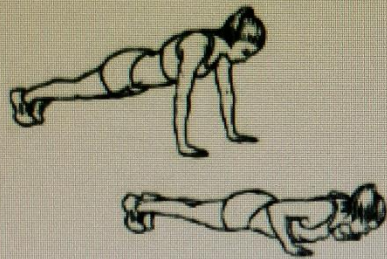


Superman / Extended Arms &
Legs Lift
3 sets / 45 secs

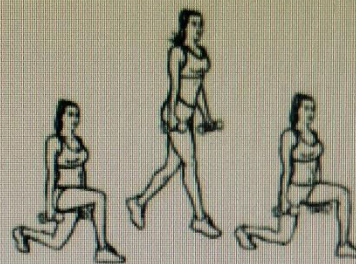


Double Crunch
3 sets / 50 reps

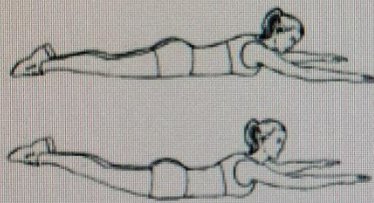
At Home No Equipment Workout



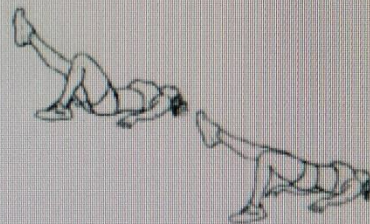
Push-up
3 sets / 10 reps



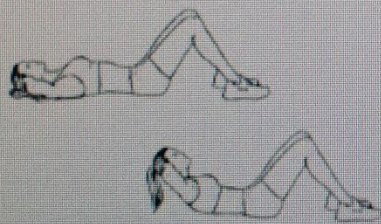
Split Alternating Squat
Jumps
3 sets / 10 reps



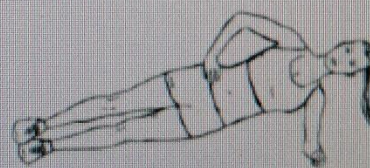
Superman / Extended Arms &
Legs Lift
3 sets / 15 reps



Single Leg Glute Bridge /
Hip Extension
3 sets / 15 reps

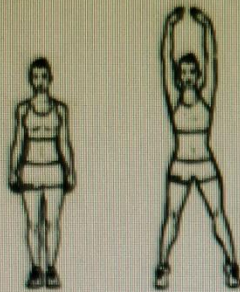


Crunches
3 sets / 15 reps

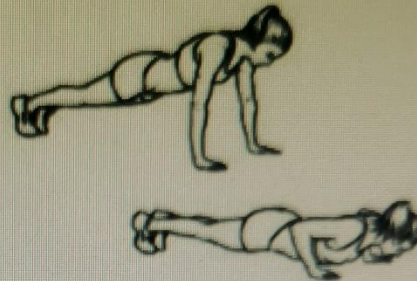


Side Plank
3 sets / 20 secs

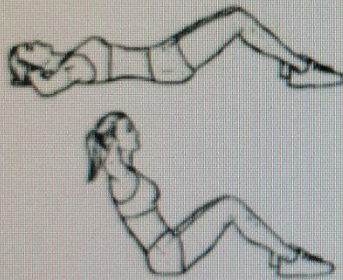
Everyday



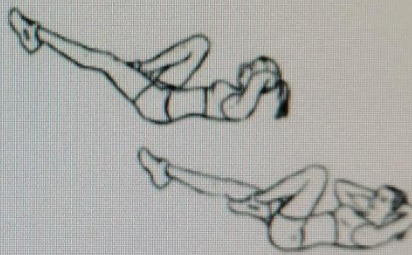
Jumping Jacks / Star Jumps
2 sets / 50 reps



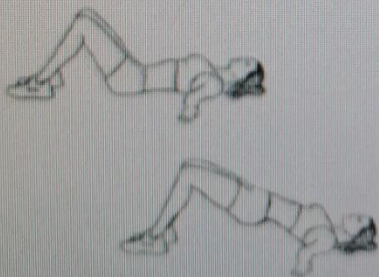
Push-up
2 sets / 15 reps



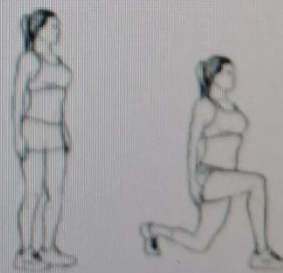
Sit-ups
2 sets / 20 reps



Bicycles / Elbow-to-Knee
Crunches / Cross-body
Crunch
3 sets / 30 secs

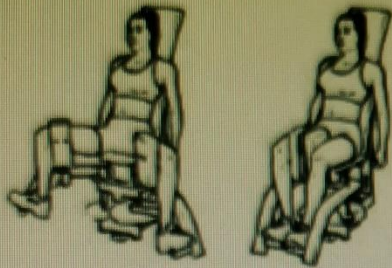


Hip Raise / Butt Lift /
Bridge
1 sets / 25 reps

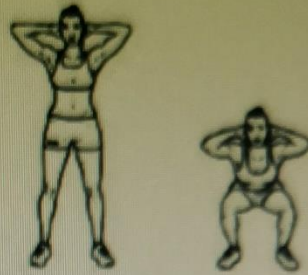


Bodyweight Walking Lunge
2 sets / 10 reps

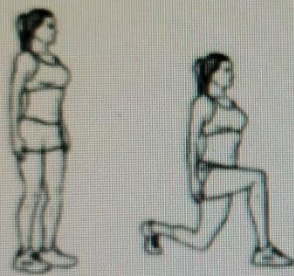
Legs + Bum



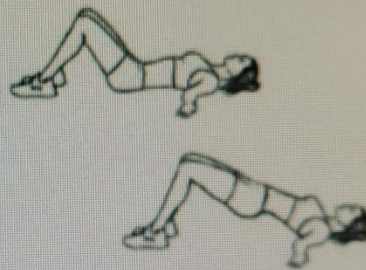
Adductor / Inner Thigh
Machine
3 sets / 15 reps



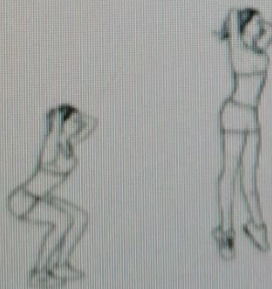
Bodyweight Squat
3 sets / 20 reps



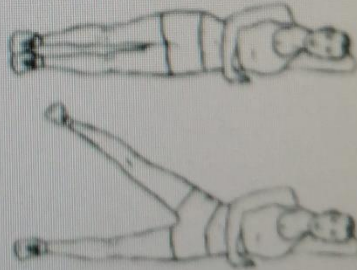
Bodyweight Walking Lunge
3 sets / 20 reps



Hip Raise / Butt Lift /
Bridge
3 sets / 20 reps

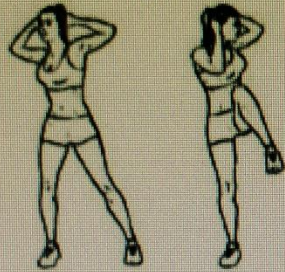


Jump Squat
3 sets / 20 reps

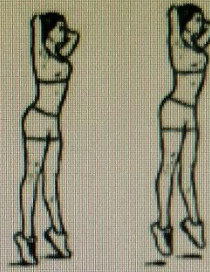


Lying Side Leg Lift
4 sets / 20 reps

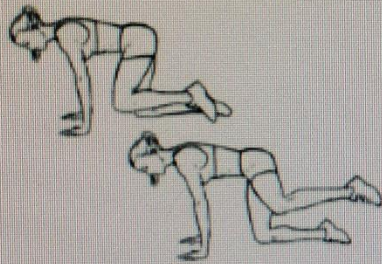
Cool down



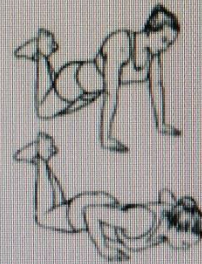
Standing Cross-body Crunch
20 sets



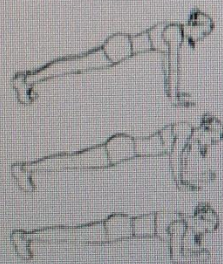
Jumping Calf Presses
30 reps



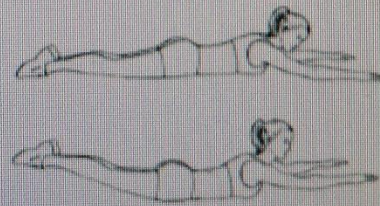
Fire Hydrants / Abductor
Knee Raise
20 sets



Modified / Knee Push-up
3 sets / 8 reps



Walking Plank
30 secs



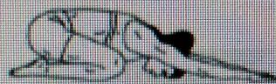
Superman / Extended Arms &
Legs Lift
3 sets / 12 reps

better sleep

DAREBEE YOGA WORKOUT
© darebee.com



20sec hero pose



20sec child's pose



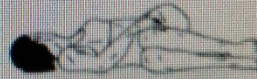
20sec upward dog



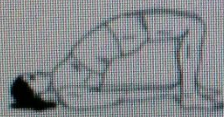
20sec camel pose



20sec butterfly fold



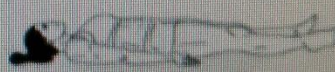
20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose

