



ROW AT HOME

No equipment activities



GO ROW
INDOOR

Introduction

These sessions are designed to incorporate fundamental movement skills that are linked to indoor rowing activity. All have been designed to be completed at home with no equipment or with items you can find around the house. There is no set order in which to complete each session in. Just pick and choose which session you would like to have a go at.

You can look to set yourself personal challenges by timing how long it takes to finish a session and attempt to beat your time in your next attempt.

Depending on your fitness levels you can change the exercises, the amount of time or the number of repetitions to make each activity easier or harder.

Warm-up

 10 minutes

Run through each of the below exercises to warm up. Do each for at least 30 seconds with a short break inbetween, so as to be fully warmed up for any of the activities you plan to do. (Use a chair if you don't have a swiss ball for the press ups)

LUNGES



DEEP SQUATS



LUNGE TWIST



PRESS UPS

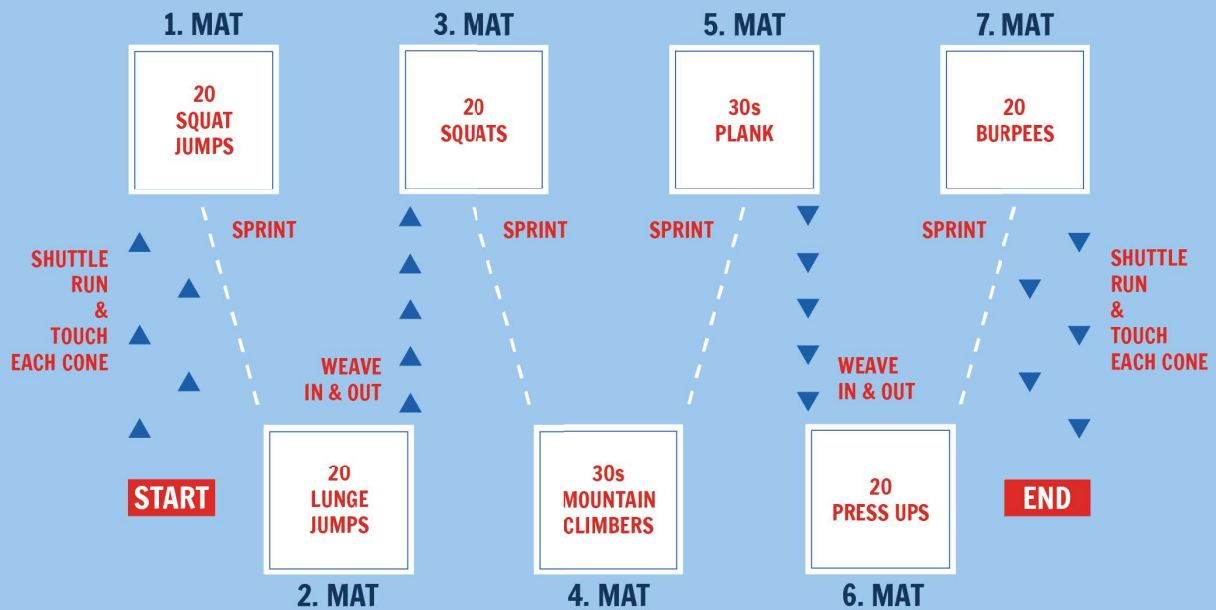


Activity session 1

HOW TO PLAY:

- You will need a mats or towels which can setup one per station or just use two at each end of a room/ garden and activity order to follow.
- If you need to perform the activity in limited space, replace the agility exercises with running on the spot, high knees, tuck jumps and skater lunges, so no equipment is required
- Rather than cones you could use other items as markers such as socks.
- Keep a record of how long it takes you to complete so you can try it again to see if you can improve your time
- You could ask a family member to judge/ count each activity on the mats and tell you when you can move onto the next station
- To make the challenge harder or easier, change the exercises or the number of repetitions at each station

AGILITY CIRCUIT



Activity session 8

HOW TO PLAY:

This workout is based around a standard 52 deck of cards. It is easier to complete if you have a physical set, but can easily be altered to complete without. You could use an online deck of cards, make your own, or run through the deck by simply completing all the cards in order, for example, all the ones, twos, threes and so on, up to the picture cards, or all in reverse!

Each suit corresponds to an exercise, and the number is the number of reps.

This activity requires no equipment, can be completed face to face or via online mediums.

THE CARD DECK WORKOUT

How quickly can you get through 52 cards?



REPS:

- Cards 1-10 = number of reps
- Jack = 11 reps
- Queen = 12 reps
- King = 13 reps
- ACE = 10 burpees