



Oasis Academy: Isle of Sheppey

Exercise Newsletter

Date

Mon 06/07 - Fri 10/07

Why exercise? Exercise is for everyone and offers unlimited benefits to health and well-being. **Live longer, live happier!**

Does it cost? Moving around more is free. Go for a walk. Use the stairs. Even starting small, you'll feel the benefits.

Is it a proper workout? Running, press-ups, sit-ups - push yourself as hard as you like. But build up gradually.

Disability access? From sitting yoga to the Paralympics - the range of accessible options is virtually endless.

*** STAR OF THE WEEK ***

Leo has been riding to school where he's been challenging staff to badminton & table tennis matches!

For a chance to be **STAR OF THE WEEK** and **WIN PRIZES**, email Mr Carlow at:

Wesley.carlow@oasisisleofsheppey.org

STAR OF THE WEEK

Leo Hassan
9BR1

THIS WEEK'S CHALLENGE : WORK OUT AT HOME & EXTREME READING!

This week, we're challenging you to train like a professional athlete! We've included a range of home workouts for you to try at home.

Extreme reading? Do you love to read in weird and wonderful places? Give it a go. The more creative, the better!

Let us know how you get on using these workouts or if you've been using your own and don't forget to send in pics of your **extreme reading!**



SUPER SAIYAN

NEILA REY WORKOUT @ neilarey.com

1. 6 push-ups
2. 4 raised leg push-ups
3. 4 wide grip push-ups
4. 60 punches
5. 40 turning kicks
6. 30 high knees (sprint)
7. 10 sit-ups
8. 10 leg raises
9. 10 sitting twists

level I 3 sets level II 5 sets level III 7 sets **super saiyan** 10 sets
rest between sets up to 2 minutes

DAREBEE WORKOUT SUPER

darebee.com

20 chest expansions
20 side arm raises
10 chest squeezes
20 dives
20 twists
10 circles
20 overhead punches
20 punches
10 speed circles

LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes

Bane

DAREBEE WORKOUT @ darebee.com

20 split squats
6 pike shoulder presses
10 push-ups
4 wide grip push-ups
4 close grip push-ups
20sec leg hold
20 towel bicep curls

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

NEILA REY WORKOUT Bruce Lee abs

neilarey.com

1. Russian twist
2. leg raises
3. crunches
4. heel touches
5. modified V-sits
6. hundreds

reps each level I 20 reps level II 30 reps level III 40 reps **bruce lee** 90 reps

level I 3 sets level II 5 sets level III 7 sets - rest between sets up to 2 minutes