

Oasis Academy: Isle of Sheppey

Exercise Newsletter

Date

Mon 01/06 - Fri 05/06

WHY SHOULD WE STRETCH? - IS IT IMPORTANT?

Health benefits of stretching:

- ◇ Improved bodily function / Improved health
- ◇ Increases flexibility, which reduces risk of injury
- ◇ Improves posture & reduces post exercise pain and soreness
- ◇ Can help back pain, reduce tiredness & emotional tension

STAR OF THE WEEK —>

Zach's completed Joe Wicks videos, strength exercises, running & lots more to stay active!

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

Wesley.carlow@oasisisleofsheppey.org

STAR OF THE WEEK

Zachary Mital
7BR2

THIS WEEK'S CHALLENGE!

Every day this week we're trying to target multiple components of fitness! We've set you daily exercises for you need to complete as many times as you can in 30 mins. The exercises listed below are **1 SET**, try to complete at least **2 sets every day**. These exercises are simple but will target different muscle groups and challenge you in different ways. *Don't forget to warm up and stretch BEFORE & AFTER you exercise to reduce the risk of injuring yourself! GOOD LUCK!*

DAY 1

10 PUSH UPS —> 20 SQUATS —> 15 LUNGES —> 40 CRUNCHES —> 30 SEC PLANK —> 35 STAR JUMPS —> 5 MIN WALK/JOG —> 5 MIN STRETCH

DAY 2

15 TRICEP DIPS —> 40 SQUATS —> 40 SEC PLANK —> 25 STAR JUMPS —> 30 LUNGES —> 30 SEC HIGH KNEES —> 5 MIN WALK/JOG —> 5 MIN STRETCH

DAY 3

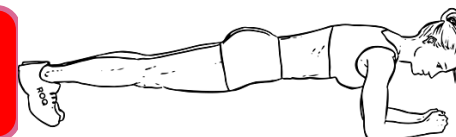
20 PUSH UPS —> 20 SQUATS —> 20 BICYCLE CRUNCHES —> 10 BURPEES —> 35 STAR JUMPS —> 40 SEC PLANK —> 10 MIN WALK/JOG —> 5 MIN STRETCH

DAY 4

25 TRICEP DIPS —> 30 SQUATS —> 20 LUNGES —> 30 MOUNTAIN CLIMBERS —> 45 SEC PLANK —> 40 STAR JUMPS —> 10 MIN WALK/JOG —> 5 MIN STRETCH

DAY 5

30 PUSH UPS —> 20 SQUATS —> 1 MIN PLANK —> 30 SEC HIGH KNEES —> 30 CRUNCHES —> 45 STAR JUMPS —> 10 MIN WALK/JOG —> 5 MIN STRETCH



CYCLE CRUNCH

