



VILLANOVA FITNESS PROGRAM

TERM 1 – WEEK 10

Each week the College will publish a Weekly Fitness Program which is designed so that all members of our College community are able to access and use as a way of maintaining and/or further developing a level of fitness throughout this COVID-19 period. The weekly program includes 3 sessions (Day 1, Day 2 and Day 3). You may choose to complete these 3 sessions on any day throughout the week or perhaps double up sessions to make a full 6-day program with a rest day. Most activities can be completed without specialised equipment.

As part of the Villanova College HPE program, all HPE classes from Year 5-12 are required to do at least one of the daily sessions below. We would encourage boys to do all 3 where possible.

Day 1

- Push Ups Test (on knees OR toes) <https://www.youtube.com/watch?v=IODxDxX7oi4>

Perform either 5, 10 or 15 push ups depending on your strength / confidence, making sure you do the movement controlled and through the full range. Start your timer at the start of the first push up and leave it running throughout the test. If you choose 5 push ups, you do 5 push ups every 30 seconds until you can't do the 5 push up continuously (keep a record of how many sets of 5 you do). If you choose 10 push ups you do the same as per the 5 push ups except you do yours on every 45 seconds and for the 15 push ups it is on every 60 seconds.

- Glute Bridges x 15-20 https://www.youtube.com/watch?v=_lel4qFfPVw
- Bird-Dogs x 10 each side <https://www.youtube.com/watch?v=KA0ekfSePrQ>
- Dead Bugs x 10 each side https://www.youtube.com/watch?v=g_BYBOR-4Ws

Do the above 3 exercises as a mini circuit with minimal rest between the exercises, perform this 4-5 times through.

Day 2

- Squat Test & Hamstring Bridge Test

<https://www.youtube.com/watch?v=R1v152b72lo> & <https://www.youtube.com/watch?v=AJmROVEXi4I>

Again start your timer then do 15 Squats (full range) at a controlled pace (not fast), then at 30 seconds do 15 hamstring bridges, then rest until the timer reaches 1 minute 30 seconds and repeat this process until you can't do either the squats or bridges required OR you reach 10 sets (15 minutes).

- Side Planks x 30 seconds each side (then 30 seconds rest) repeat x 4-5 times

https://www.youtube.com/watch?v=N_s9em1xTqU

Day 3

- Body Row Test <https://www.youtube.com/watch?v=d-aQgrUEN94>

Perform 10 Body Rows (with either your knees at 90 degrees, 45 degrees or legs straight), making sure you get your chest to the bar each time. Again, like the push up test start your timer at the start of the first set, then do each set starting on 60 seconds, until you can't do the full 10 rows.

- Front Plank x 60 seconds <https://www.youtube.com/watch?v=pvljsG5Svck>
- Dips (on chair) x 10-15 <https://www.youtube.com/watch?v=3ydgLFLK8e0>

Do the plank and dips in a circuit starting on 2 minutes, aim for 3-5 times through

