



VILLANOVA FITNESS PROGRAM

EASTER VACATION – WEEK 1

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.

NB – the following is a guide for some stretching and general releasing that you can use for pre, post and in between sessions to maintain general range of movement and stop any pain or irritations from slowing you down (also great for injury prevention).

Stretches (these can be done daily or at least after each session), as a general guide hold all the static stretches for between 20-30 sec (and can be repeated more than once)

- Glutes - <https://www.youtube.com/watch?v=347ql20RUu8>
- Quads / Hip Flexors - <https://www.youtube.com/watch?v=HlXeiaJbk5U>
- Hamstrings - <https://www.youtube.com/watch?v=wRcYRV-hJkw>
- Calves - <https://www.youtube.com/watch?v=ASnVTY8RoTI>
- Upper / Lower Back - <https://www.youtube.com/watch?v=0f5fESsY4hY>
- Upper Body (variety) - https://www.youtube.com/watch?v=pJJ4E_yOsvY

Foam Roller (if available, can be done daily or when you feel needed)

- Upper Back, Glutes, Quads, ITB's, Hamstrings, Calves & Upper Body - <https://www.youtube.com/watch?v=aTcRYJsuhkI>

Day 1 (choose an appropriate option and remember to stretch after)

- Walk – Minimum of 30 mins continuous walk (aim for 3-4km)
- Jog – Minimum of 15-20 mins continuous jog (aim for 2-4km)
- Walk / Jog Combo – Minimum of 20-30 mins of alternating between jog and walk (aim for 2-4km)
- Bike/Rower/Any other appropriate cardio available – Aim for 15-20 mins of continuous low to moderate level aerobic activity.

Day 2 (Lower Body Activation and Core Stability)

- Glute Bridges x 15-25 reps - <https://www.youtube.com/watch?v=lel4qFfPVw>
- Glute Bridge with Bias x 10-15 reps (each side) - <https://www.youtube.com/watch?v=RQv8HT6UCrc>
- Glute Bridge March x 6-12 reps (each side) - <https://www.youtube.com/watch?v=IxDVTDKDxSU>
- 1 Leg Glute Bridge x 6-15 reps (each side) - <https://www.youtube.com/watch?v=3NXv0Nany-Q>
- Hamstring Bridges x 10-20 reps - <https://www.youtube.com/watch?v=AJmROVEXi4I>





- Hamstring Bridge March x 5-10 reps (each side) - <https://www.youtube.com/watch?v=njOVHdyzcVA>
- 1 Leg Hamstring Bridge x 6-12 reps (each side) - <https://www.youtube.com/watch?v=cWiHUKPNYHk>
- Wall Squat Holds x 10-60 sec holds - <https://www.youtube.com/watch?v=-0Q7Lds7B8A>
- 1 Leg ¼ Squat x 6-15 (each side) - <https://www.youtube.com/watch?v=silAtKXXOQ> (keep your weight through your heel)
- Supported Squat x 8-15 reps - <https://www.youtube.com/watch?v=meecerrseOk>
- Front Plank / Side Plank Cycle x 15-45 sec holds – Start in your front plank position for your selected time then cycle to one side (side plank) for same time then back to the other side for the same time again. Once you start the front plank your knee's or hips etc don't touch the floor until you finish all 3 planks (front and both sides).
- Front Plank Up/Downs x 10-15 reps (each side) - <https://www.youtube.com/watch?v=UL0YQy4KYZg>
- Side Plank Pulse x 5-15 reps (each side) - <https://www.youtube.com/watch?v=jwtXl-V2LsQ>
- Back Extension x 5-15 reps - <https://www.youtube.com/watch?v=FWH22O-t5eE>

Day 3 (Upper Body Activation and Dynamic Core)

** you will need some 'theraband' or resistance banding for some of these exercises**

- Band Rows x 15-25 reps - <https://www.youtube.com/watch?v=4Vxa2f6MTc4>
- Band Low Rows x 8-12 reps - <https://www.youtube.com/watch?v=diasXz88HpA>
- 1 Arm Double Band Row x 10-15 reps (each side) - <https://www.youtube.com/watch?v=Y-WAGeKdzIU> (Hold both ends of the band in the one hand for extra resistance)
- Band External Rotators x 10-15 reps (each side) - <https://www.youtube.com/watch?v=o7PYStgOgEO>
- Scapula Push Ups x 5-10 reps - <https://www.youtube.com/watch?v=fLAf2YG4flw> (there are progressions from beginner to advanced in the clip, use the appropriate progression for you)
- Prone Shoulder Press Pattern x 6-12 reps - https://www.youtube.com/watch?v=sYF1ggqb8_k (you can add very light weights to this movement if it is easy 0.5-2kg only)
- Slow Eccentric Sit Up x 4-10 reps (count to 5 slowly on the way down) - <https://www.youtube.com/watch?v=hyhnOXQgEf8>
- Alternate Leg Drops x 8-12 reps (each side) - <https://www.youtube.com/watch?v=PRy47C0BwIU>
- Hollow Rocks x 5-20 reps - <https://www.youtube.com/watch?v=MDgezR1uEkl> (there are progressions in the clip, chose your appropriate level)
- Crossover Crunch x 10-15 reps (each side) - <https://www.youtube.com/watch?v=j-Mz-wtM-oA>

