

# Lockdown (wc - 11/01/2021)

## Exercise, Health and Wellbeing

### Workout Videos



### Sports of the Week



### Podcasts of the Week



Spotify required

### Circuit of the Week

**30 Minute FULL BODY STRENGTH WORKOUT**  
runinfoorsweets.com

**WARM UP: 3 MIN**

- Jumping Jacks x 100
- Butt Kicks x 50

**SET 1: 10 MIN**

- Sumo Squats x 15
- Toe Touch & Hop x 10
- Calf Raises x 20
- High Knees x 30
- Jump Lunges x 20

**SET 2: 8 MIN**

- Tuck Jumps x 10
- Burpees x 10
- Chair Jumps x 15

**SET 3: 6 MIN**

- Plank with Row x 20
- Russian Twists x 20
- Raised Leg Situps x 10
- Tricep Dips x 20
- Bicycles x 20

**COOL DOWN: 3 MIN**

- LSide Plank x 1 min
- Center Plank x 1 min
- RSide Plank x 1 min

### Wellbeing

**31** of the best FREE workout apps to try in 2021

**31** HEALTHY and affordable meals for students



*Staying active and positive is important through these difficult times.*