How to use the CGS



Exercises Workout

This is a workout that can be done <u>at home</u> or in the <u>gym</u>.

All you require is <u>floor space</u> as you use your own bodyweight for each of the exercises.

 Read this document for a step-by-step guide on how to use the CGS Exercises Workout. **EQUIPMENT**:

Stop Watch

(time your rest periods)

Bottle of Water (stay Hydrated!)

Pen

(to record your progress)

2. Find the 'Exercises Workout Levels & Exercises' document on the school website.

3. Select your Level.

(Beginner, Intermediate, or Advanced)

What Level should I choose?

Beginner is aimed at someone who partakes in exercise uccassionally (0-1 hours/week)

Intermediate is aimed at someone who partakes in exercise Regularly (1-3 hours/week)

Advanced is aimed at or someone who partakes in exercise Frequently (3-5 hours/week)

- 4. **Print** your chosen Level's '**Workout Plan**'. You will use this to design your very own workout with the correct number of repetitions and rest periods.
- 5. Using the **'Exercises Workout Levels & Exercises'** document from the school website **choose** the **exercises** that appeal to you the most.
- 6. Once you have chosen the correct number of exercises (based on the Level you have chosen to work at) you can **fill in your Workout Plan**.
- 7. **Gather your equipment** (use the list above)
- 8. Complete a **warm-up** e.g. 3 mins jogging on the spot or 25 jumping jacks
- You're ready! Follow your very own workout plan that you created Don't forget to sip from your water bottle during rest periods to keep hyaratea. Tick off each exercise once you've completed it.
- 10. Remember to practise a **cool-down** after any exercising.
 You can find a **'Cool Down & Stretches'** document on the school website if you need any ideas.

