

Dear Students and Families,

I would like to personally wish you all good health and wellness during these challenging times. While physical interaction is limited, becoming or staying active is now more important than ever. Doing some form of daily physical activity is an easy and free way to boost both your mental and physical health, as well as overall well being! The following are some of the MANY benefits associated with living an active lifestyle:

- ✓ Exercise releases chemicals in your brain, like serotonin and endorphins, which are great for your mood
- ✓ It can also lead to better sleep and give you more energy
- ✓ Physical movements can help ease tightness in your shoulders and neck, which often come with stress and anxiety It also makes you feel like you achieved something
- ✓ Regular exercise can help reduce your risk of serious health issues, like type 2 diabetes, heart disease and stroke
- ✓ It also helps with weight management (and you tend to feel like eating a healthier diet when you're exercising regularly, too)
- ✓ And lastly, but definitely not least given the current situation, regular physical activity is great for your immune system!

I invite you all to explore the package that I have prepared for you, along with the help of many great teaching resources. This package has been designed with ideas to help assist you with healthy physical activity, while adhering to all social distancing procedures. For your convenience, I have provided a "Personal Activity Log", where you may track your daily physical activity. This is a great way to keep yourself accountable to any goals you set, to maintain progression, and to celebrate the hard work you've accomplished!

In acknowledgement of the stressful times, I would like to clarify that completion of this packages is not mandatory, however it has been provided to our students to complete on a voluntary basis. This package will have no influence on any student's academic standings.

As a reminder, please always remember to consult with a health-care professional before beginning any exercise program.

Let's remember to take care of ourselves, take care of others, and by each doing our part, remind ourselves that we can overcome this time of uncertainty.

Stay happy, stay healthy. I look forward to hopefully seeing you all again soon!

*Shared by Steve White,

CARDIOVASCULAR & HOME ACTIVITY IDEAS:

- **Walking** – flat surfaces, or uphill for an extra challenge!
- **Running**
- **Climbing Stairs**
- **Interval Training** (Interval training simply means alternating between fast running and slow running or fast walking and slow walking. And there's alternating between the high and low to make the workout more efficient, more effective, more challenging, but in a manageable way.)
- **Dancing**
- **Jumping Jacks**
- **Skipping Rope**
- **Bicycling / BMX track riding**
- **Cross-country skiing**
- **Walking back up a hill after riding your sled/toboggan down it!**
- **Fitness DVD's or online videos**
- **Aerobics at home** (plenty of free videos online, see "Body Project" Youtube channel)
- **Pilates** (plenty of free videos online, see "Alo Moves – Online Yoga Videos" Youtube channel)
- **Tai Chi** (plenty of free videos online, see "David-Dorian Ross Youtube channel)
- **Yoga** (plenty of free videos online, see "Yoga with Adriene" Youtube channel)
- **Zumba dance videos** (plenty of free videos online, see "OneHowTo" Youtube channel)
- **Cardio Kickboxing / Boxing**
- **Shovelling Snow**
- **Many video game fitness/dance games available if you have a console**
- **Playing with a pet!** Walk your dog, play fetch, chase, etc.!

100

NO-EQUIPMENT WORKOUTS

visual easy-to-follow routines
for all fitness levels

Volume 1

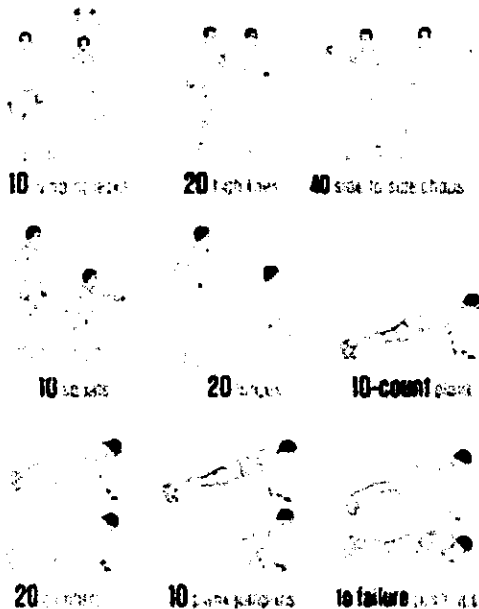
N. Rey | DAREBEE

The Manual

Workout posters are read from left to right and contain the following information: grid with exercises (images), number of reps (repetitions) next to each, number of sets for your fitness level (I, II or III) and rest time.

SAMPLE WORKOUT

LEVEL I: 3 sets LEVEL II: 5 sets LEVEL III: 7 sets REST: up to 2 minutes



Difficulty Levels:

Level I: normal

Level II: hard

Level III: advanced

1 set

10 jumping jacks

20 high knees (10 each leg)

40 side-to-side chops (20 each side)

10 squats

20 lunges (10 each leg)

10-count plank (hold while counting to 10)

20 climbers (10 each leg)

10 plank jump-ins

to failure push-ups (your maximum)

Up to 2 minutes rest between sets

30 seconds, 60 seconds or 2 minutes -
it's up to you.

"Reps" stands for repetitions, how many times an exercise is performed. Reps are usually located next to each exercise's name. Number of reps is always a total number for both legs / arms / sides. It's easier to count this way. e.g. if it says 20 climbers, it means that both legs are already counted in - it is 10 reps each leg.

Reps to failure means to muscle failure = your personal maximum, you repeat the move until you can't. It can be anything from one rep to twenty, normally applies to more challenging exercises. The goal is to do as many as you possibly can.

The transition from exercise to exercise is an important part of each circuit (set) - it is often what makes a particular workout more effective. Transitions are carefully worked out to hyperload specific muscle groups more for better results. For example if you see a plank followed by push-ups it means that you start performing push-ups right after you've finished with the plank avoiding dropping your body on the floor in between.

There is no rest between exercises - only after sets, unless specified otherwise. You have to complete the entire set going from one exercise to the next as fast as you can before you can rest.

What does "up to 2 minutes rest" mean: it means you can rest for up to 2 minutes but the sooner you can go again the better. Eventually your recovery time will improve naturally, you won't need all two minutes to recover - and that will also be an indication of your improving fitness.

Recommended rest time:

Level I: 2 minutes or less

Level II: 60 seconds or less

Level III: 30 seconds or less

If you can't do all out push-ups yet on Level I it is perfectly acceptable to do knee push-ups instead. The modification works the same muscles as a full push-up but lowers the load significantly helping you build up on it first. It is also ok to switch to knee push-ups at any point if you can no longer do full push-ups in the following sets.




















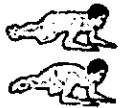








Video Exercise Library

<http://darebee.com/exercises>

***REMEMBER, take everything slow when beginning. If you need to take additional rest time, please allow yourself to do so. Also remember to stay hydrated by drinking water during and after your workouts!**

no-equipment ab exercises

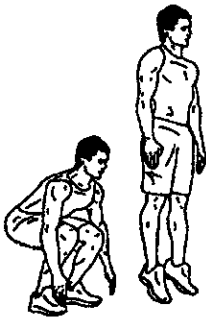
by DAREBEE © darebee.com

 upper	 lower	 six-pack	 obliques	 complete	 core
 crunches	 reverse crunches	 flutter kicks	 sitting twists	 knee to elbow	 half wipers
 high crunches	 scissors	 elbow plank	 cross crunches	 knee-to-elbow v2	 arm / leg raises
 sit-ups	 leg raises	 l-sit	 side jack-knives	 dead bug	 wipers
 long arm crunches	 pulse-ups	 star plank	 toe taps	 plank crunches	 plank rolls
 hundreds	 bicycle crunches	 hollow hold	 sitting punches	 side plank crunches	 knee-in twists
 knee crunches	 crunch kicks	 v-ups	 side plank	 v with rotations	 climber taps

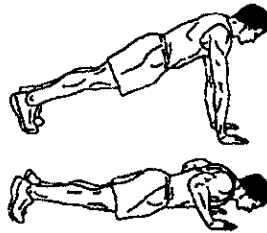
POWER CIRCUIT

DAREBEE WORKOUT @ darebee.com

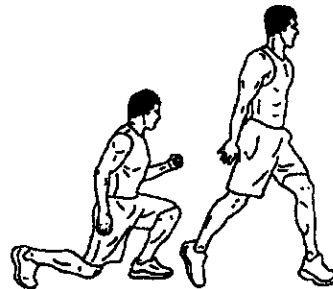
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



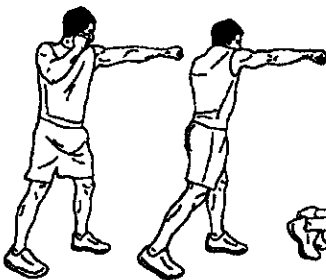
10 jump squats



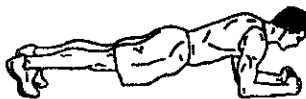
10 push-ups



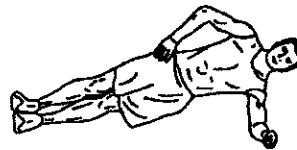
10 jumping lunges



40 punches



30sec elbow plank

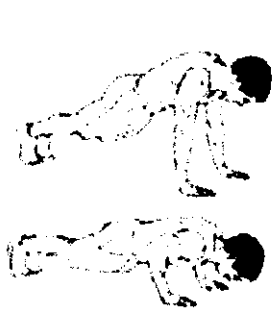


30sec side elbow plank

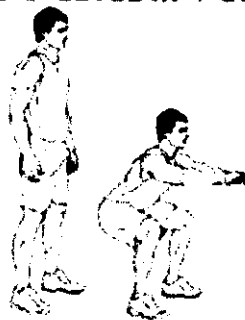
BODYGUARD

DAREBEE WORKOUT © darebee.com

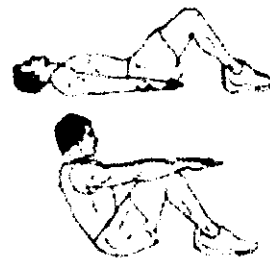
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



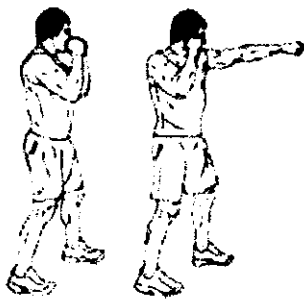
20 push-ups



40 squats



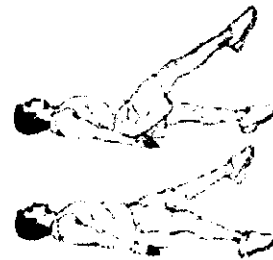
40 sit-ups



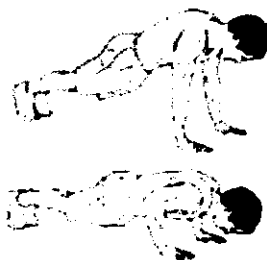
40 punches



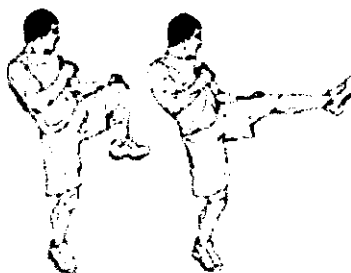
40 lunges



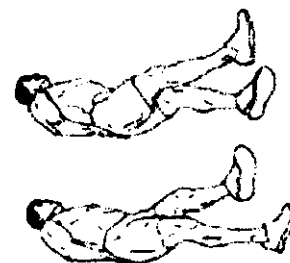
40 flutter kicks



20 push-ups



40 front kicks



40 scissors

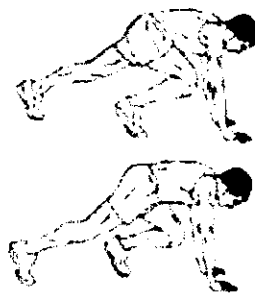
Cardio & Core

DAREBEE WORKOUT © darebee.com

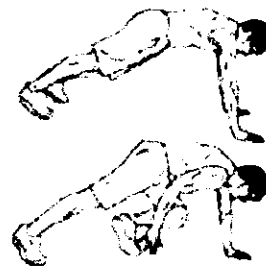
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



60 high knees



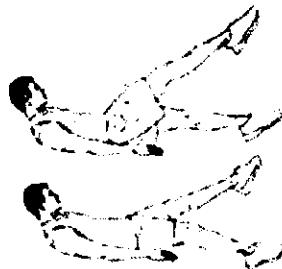
10 climbers



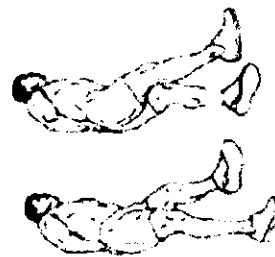
10 climber taps



60 high knees



10 flutter kicks



10 scissors



60 high knees



10 leg raises

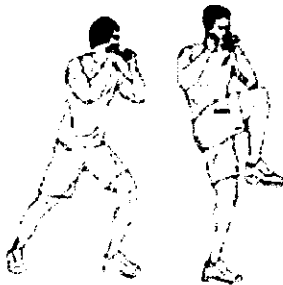


10 raised leg circles

CLOSE CONTACT

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 knee strikes



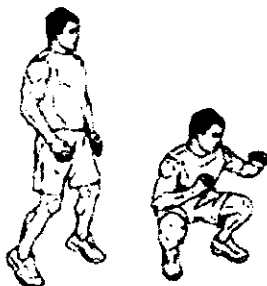
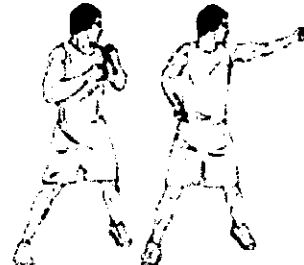
20combo knee strike + elbow strike



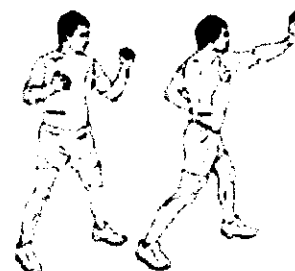
20 front kicks



20combos front kick + backfist



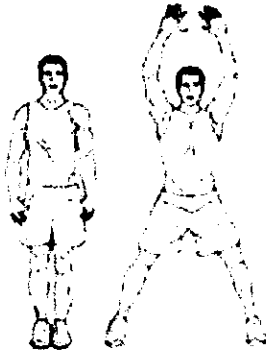
20combos bounce + squat + back leg low turning kick + palm strike



DNA:REWRITE

DAREBEE WORKOUT © darebee.com

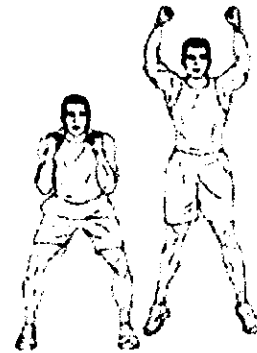
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jumping jacks



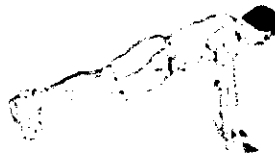
10 lunge step-ups



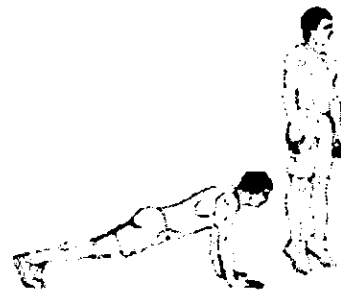
10 jumps



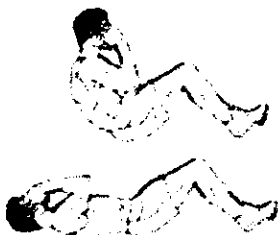
10 push-ups



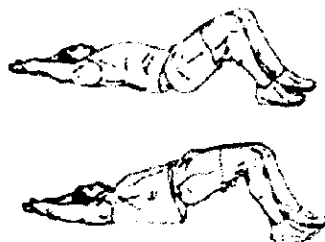
10-count plank



10 basic burpees w/ jump



10 sit-ups



10 bridges



10 leg raises

dynamic

pyramid

DAREBEE WORKOUT
© darebee.com
LEVEL I 3 sets
LEVEL II 5 sets
LEVEL III 7 sets
REST up to 2 minutes

