

Physical Activity Guide

Acadia Athletics: 14-day Physical Activity Guide

Exercising is hard. Period. We get it. But we know from research and anecdotal evidence that you feel good afterwards.
We just want to get moving, elevate the heart rate and have fun with it.

A couple of tips to help with your exercise plan:

- Schedule it/set a reminder on your phone.
- Play music (your favourite songs helps).
- Make it enjoyable and sustainable. You should be able to come back the next day.
- Consistency beats intensity every time. Have fun with it.



Below is a “Sushi-Menu” of things you can think about. Use these and add your own. Google/Youtube exercises/workouts. Modify where you like. Again, it’s all about movement elevating your heart rate and even breaking a little sweat.

The idea is that you target the different body parts (left column) with the different exercise focuses (top row).

Sample Program:

Aim for 150 minutes of moderate to vigorous activity per week in bouts of 10 to 15 minutes. These are again, just recommendations, make it your own, enjoy it, consider it self-care! Take breaks when you need to, just get moving!

1. WARM UP (6-8 minutes)

Pick 1-2 Mobility and Flexibility exercises (5-7 to repetitions / 15 sec hold for stretches) for each body part listed in the first column.

2. WORKOUT (20-30 minutes)

Alternate between Cardio and Strength. (20-30 seconds per exercise). Take breaks when needed.

3. COOL DOWN (5-8 minutes).

You earned it! Light static stretching. Lay on your back and elevate your legs on the wall or your bed. Goal is to lower the heart rate and enjoy the satisfaction of the workout you did. Play a song that you enjoy listening to and enjoy it.

Watch Coach Duffie’s Workout Video Playlist:

https://www.youtube.com/playlist?list=PLmbaGXAY_8_ATbKRKixAhZIA2kQZiOr4t

	Mobility	Flexibility	Cardio	Strength
Legs	Ankle Rocks Leg Swings Glute Bridge	Front Bend Quad stretch Seated L stretch	Step ups Jump Squats Jumping Jacks	Squats Lunges
Arms	Child's Pose Wall Slides	Overhead Reach Arm across	Jumping jacks Shadow Boxing Squat and press	Push-ups Triceps push-ups against wall Dips w/chair
Lower Back	Glute Bridge Cat Cow Single leg standing balance (SI Joint)	Baby cobra (extension) Chair fold (flexion)	Mountain Climbers Shoulder taps in plank	Swimmers Planks Squats Airplanes
Shoulders	Child's pose Arm circles	Wall slide into flexion & abduction	Flies Fist pumps Overhead press Chest press Shadow Boxing	Planks Push-ups Arm raises
Core	Leg lower Standing side bends.	Extension stretch over chair	Bicycles Leg lowering Crunches	Crunch V Snap Heel Slides Side planks

Sample Workouts to Try:

<https://www.facebook.com/gordon.mcneilly/videos/10157348083267947/?extid=izlII74t5lobm6Dy>

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