

Year 11 Sport & Exercise Science Task

Design a home training programme that you can perform in your house, garden on your deck or patio.

Guidelines

Your programme should include 8 – 9 exercises and ideally include:

- 3 Lower Body (Legs) Exercises
- 3 Upper Body Exercises
- 2-3 Core / Mid-section Exercises.

You could research these exercises on Youtube or Google.

Choose whether you would like to develop:

- **Muscular Endurance** (High Reps (12 -16), high tempo, short recovery, circuit format)
- **Strength & Stability** (Medium Reps (8-10), slow and controlled, medium recovery, supersets format)
- **Power** (Low to medium Reps (5 -8), explosive, long recovery, circuit or supersets format)

Irrespective of whether you choose Muscular Endurance, Power or Strength & Stability your 8-9 exercises should ensure **balanced development** i.e. they should include all of the major muscle groups.

- Hence your Lower Body Exercises should cover Quadriceps, Hamstrings, Calves
- Upper Body exercises should include at least one pushing movement and one pulling movement.
- Core / mid-section exercises should include a lower back exercise as well as exercise for your abdominals.
- Try to include unilateral (single leg) & bilateral (both legs) exercises

You must also plan, record and do a warm up. This should be based on mobility and dynamic stretches for all of the major muscles and joints. Try and research (on Youtube) some warm up exercises that you haven't used before e.g. Hip mobility, Ankle mobility, upper back stretches.

Questions

1. Can you find anything that will safely add resistance (weight) to some of your exercises?
2. If you couldn't add resistance was there any way you could make the exercise more challenging?
3. If you completed your session twice a week for 2-3 weeks, how would you change / adapt it to ensure *Progressive Overload*?