

FULL BODY HIIT

- YOU WILL NEED

- A pack of cards.
- Some water
- 2 weights – these can be food tins or bottles of water for example.



BEFORE YOU BEGIN:

Typically, we shouldn't need to speak to a doctor before we exercise, especially if we have no underlying health implications. If you have experienced symptoms of Heart, Kidney or metabolic conditions, we advise that you speak with a healthcare professional before you take part in our sessions.

TIPS:

- Prepare your exercise space around you by clearing an area.
- Use something sturdy for support (kitchen work surface or table).
- Easy access to water.
- Keep a telephone or mobile phone nearby in case of emergency.
- If at any time you feel dizzy or experience discomforting pain, please stop and rest.

Safety:

The activities provided are covid compliant and should be performed inline with current government guidelines.

- Please have an adult present at all times when families and young people are taking part in this activity.
- Perform all exercises to your ability. We have included a range of exercises suitable for all, however please ensure that the activity is at the right level for you.
- If at any point you require medical assistance, call emergency operators on [999](#) or if the matter isn't an emergency, you can seek non-urgent medical advice by calling [111](#).
- Please warm up and cool down after any activity.
- Wear comfortable/loose clothing and suitable (non slip) footwear.
- If there is an activity or movement you or someone else have been advised against or feel unsuitable, then please do not attempt it.
- If at any point you or someone doing the activity feels unwell, experiences pain or discomfort then please stop and seek medical assistance if required.

Disclaimer

Please read the following.

- Participation in any exercise or activity is done so at you and your family's own risk.
- If you have an injury or any medical condition that might make taking part detrimental to your health you should consult your doctor or a health professional before undertaking.
- If you have or someone you are doing the activity with has an injury or medical condition which could affect you while exercising but have been given the go ahead by a health professional to exercise, please let us know of your condition before the sessions so we are able to inform the instructor.
- If you feel an exercise is not suitable for you during the session, please stop immediately.
- Adults are responsible for their children at all times.

You and your family are participating at your own risk. It is your responsibility to ensure you and your family's safety whilst participating in the activity. If you or a member of your family have a health condition, injury or anything where participating could be detrimental to your/their health then please seek advice from your health professional or GP before undertaking.

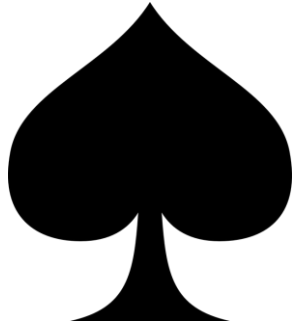
3 ROUNDS OF 4 EXERCISES

30 or 40 seconds with 2-minute rest between Rounds

Hearts



Spades



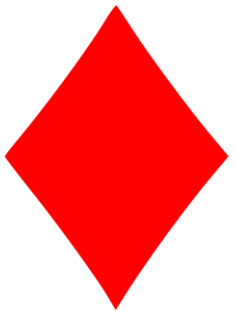
Cardio



Core



Diamonds



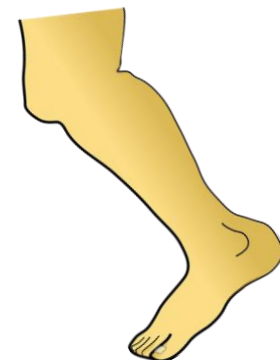
Clubs



Arms



Legs



What to do!

- Grab a deck of cards and draw a card out. Complete the exercise that matches the cards **SUIT**.
- Complete each exercise for 30 or 40 seconds... you choose!
- Complete a round of 4 exercises 3 times
- This means you will have done 3 sets of exercise for your legs/arms/core and cardio.
- Take a 2 minute rest between rounds to have some water.

- **MOST IMPORTANTLY:**

Make it work for you:

To make it easier:

Take the jumps out the squats

Complete the exercise for less time

To make it harder:


Add in some cans of soup to the arm exercises

Safety


If you are on a wooden or other slippery floor, please wear trainers for some grip.

3 rounds
30/40 seconds
2 min rest

Diamonds



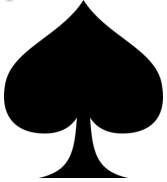
Clubs



Hearts



Spades



Exercise 1:
Arms

Floor to Sky



Overhead Press



Bicep Curls



Shoulder Raises




Exercise 2:
Legs

Squat Jumps



High Knees



Side Lunges



Calf Stretches



Exercise 3:
Core


Russian Twists




Plank



Crunches




Toe Touches



Exercise 4:
Cardio


Seat Kicks



High Knees



Run on the spot



Jumping Jacks

