

Y.D.P. 30 Day Fitness Plan
YOUTH DREAMS PROJECT





Coronavirus and keeping active with YDP

In light of the fast paced rate of change around coronavirus, we wanted to set out a plan below to support students and parents during the impending school closure and isolation period. We have created a 30 day plan (to include the Easter holidays) to keep everyone active:

Day 1: Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

Day 2: 1 minute Plank (twice - am and pm).

Day 3: Take a 15 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

Day 4: Upper body: 30 Shoulder Rolls, 30 Downward Dog to Plank, 30 Tricep Dips, 30 T-lifts. Repeat 3 times.

Day 5: 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

Day 6: Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

Day 7: Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

Day 8: Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

Day 9: Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

Day 10: Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

Day 11: Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.



Day 12: 1 minute Plank (am, lunchtime and pm).

Day 13: Take a 20 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

Day 14: Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

Day 15: 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.

Day 16: Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

Day 17: Upper body: 30 Shoulder Rolls, 30 Downward Dog to Plank, 30 Tricep Dips, 30 T-lifts. Repeat 3 times.

Day 18: Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

Day 19: Core: Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

Day 20: Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

Day 21: Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

Day 22: 1 minute Plank (am, late am, afternoon and evening).

Day 23: Take a 25 minute stroll outside, avoiding any contact with passers by. Wash your hands immediately when you return home.

Day 24: Lower body: 30 Pencil Jumps, 30 Squats, 30 alternate Leg Lowers, 30 Lunges. Repeat 3 times.

Day 25: 5 minutes of Skipping. If you don't have a rope, pretend you are holding one, keeping your arms by your side.



Day 26: Core: 30 Crunches, 30 Leg Raises, 1 minute Side Plank (hold), 30 Side raises (both sides). Repeat 3 times.

Day 27: Yoga: 1 minute Downward Dog, 1 minute Warrior 1, 1 minute Cat/Cow, 1 minute Bridge, 1 minute Seated Forward Bend, 1 minute Pigeon Pose (both sides), 1 minute Childs Pose.

Day 28: Upper body: 30 Push Ups, 30 Cactus Arms (using tins as weights), 30 Jumping Jacks, 30 Inchworm Walkouts. Repeat 3 times.

Day 29: Take a 10 minute run outside, at your own pace, avoiding any contact with passers by. Wash your hands immediately when you return home.

Day 30: Lower body: 30 Star Jumps, 30 Walk up Squats, 30 Flutter Kicks, 30 High Knees. Repeat 3 times.

Please only exercise if you are feeling fit and well. Avoid exercising and take doctors advice immediately if you start to feel unwell.

Stay connected

We will be updating our social media platforms daily to continue to support parents and children. Details of which are shared below:

Twitter [@YDPltd](https://twitter.com/YDPltd)

Instagram [@youthdreamsproject](https://www.instagram.com/youthdreamsproject)

Facebook [@Youth Dreams Project](https://www.facebook.com/YouthDreamsProject)

Continue to wash your hands, eat the rainbow and drink plenty of water to stay fit and well.

The YDP Team

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