

Physical activity help sheet

Want to design your own workout but having difficulties knowing what the exercises are? We are here to help! Here we explain how to carry out each exercise included on Heart Research UK's design your own workout sheet.

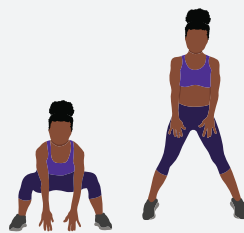
Warm up



Dynamic stretches: Stretches that are done on the move.



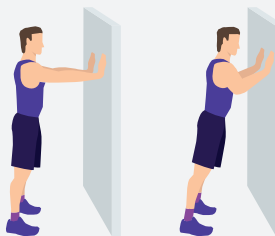
Squats: Feet shoulder width apart, keeping your chest upwards, bend your knees until your thighs are parallel to the ground and return to standing.



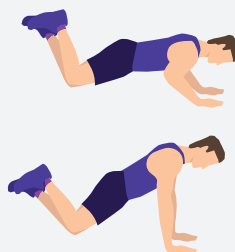
Squat jumps: Perform a squat, on returning to standing push your feet into the ground and jump into the air.



Burpees: Perform a push up (see below), jump your legs inwards, and then jump into the air.



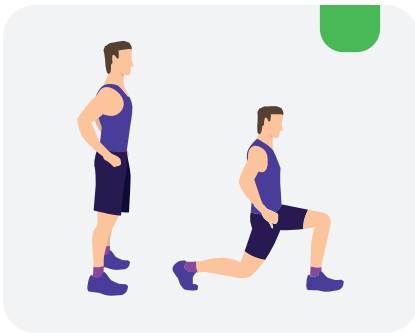
Wall push up: Stand opposite a wall and put your arms out. With your palms flat to the wall, take a step or two backwards. Perform a press up by bending and then straightening your arms.



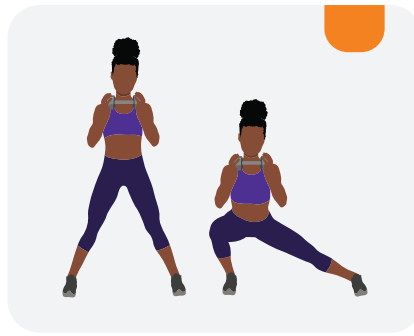
Knee push ups: The same as a push up (below) but performed with your knees on the floor rather than your feet.



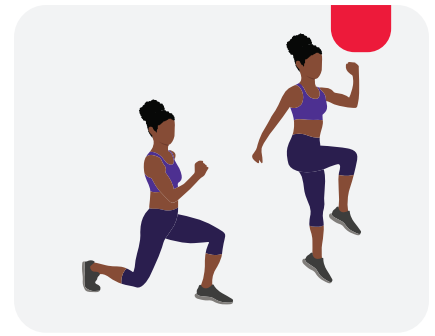
Push ups: Starting on all fours on the floor, with your arms shoulder width apart, put your feet out behind you and keep your body in a straight line. Bend your arms and straighten them again, keeping your core engaged.



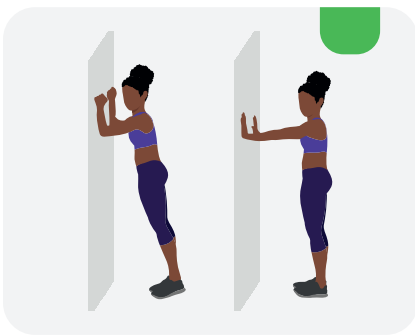
Forward lunges: Take a step forward with one leg, keeping your torso upright. Bend your knees and then return to standing. Swap legs and repeat.



Side lunges: Take a step to the side with one leg. Sink your hips backwards and bend your knee then return to standing. Swap sides and repeat.



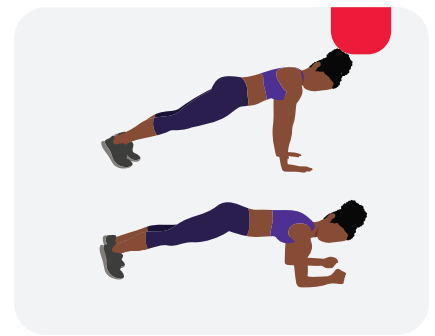
Jumping lunges: Perform a lunge, jump into the air and swap your leg position. Landing gently with the other foot forwards, immediately lower into the next lunge.



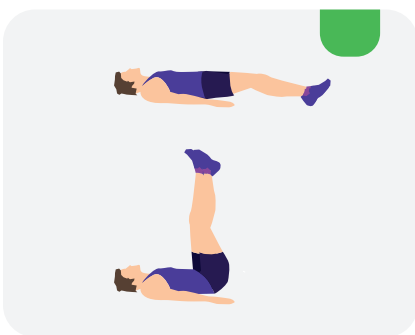
Wall triceps push up: This is similar to a wall push up (see above), however this time you bring your elbows down to touch the wall.



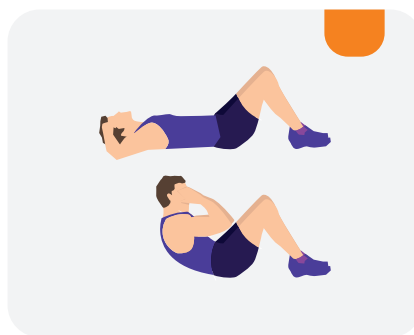
Triceps dips: You can use a chair for this one or do it on the floor. Facing away from the chair, grab the seat behind you with both hands shoulder width apart. Place your legs out in front of you, lower your body by bending your arms. Straighten them and repeat.



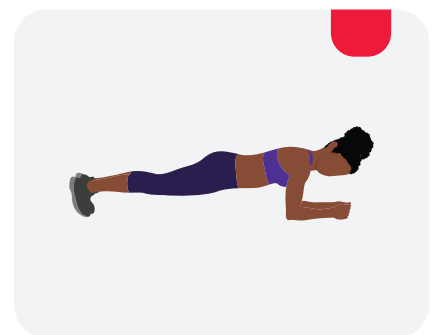
Up & down plank: Begin in a push up position, lower one elbow to the ground and then the other. Push up through one hand and then the other and return to the starting position. Repeat, alternating which arm is first.



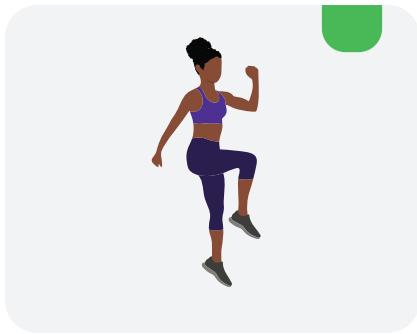
Leg raises: Lie on your back with your arms by your side. Slowly raise your legs together until your body is in a L shape. Pause and lower your legs slowly to the starting position.



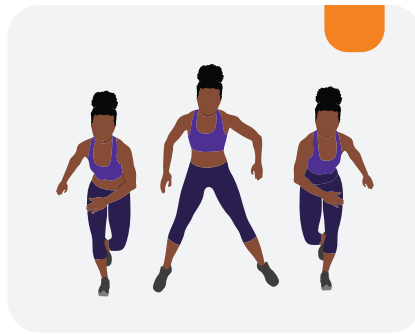
Sit ups: Lie on your back, with your knees bent and feet flat on the floor. Lift your torso upwards towards your knees and return to the starting position.



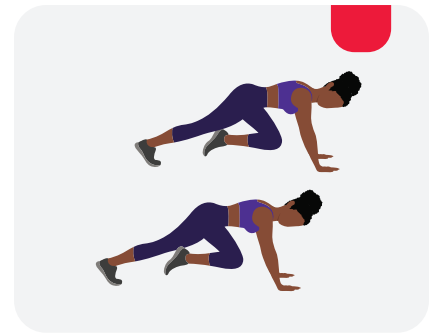
Plank: Start in a push up position, but instead of your hands put your forearms on the floor. Hold this position as long as possible.



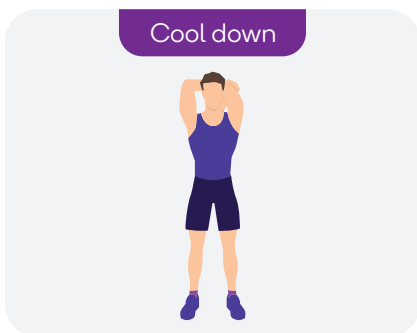
High knees: Jogging with lifting your knees higher. Aim for your thighs to be parallel to the floor.



Skaters: Start on your left leg with your right foot behind you, jump to the right and swap legs. Repeat this sideways movement.



Mountain climbers: Start in a push up position, bring one knee into your chest and back out, alternate legs and speed up.



Static stretching: A stretch that is performed without movement and stretches your muscles.