



UNIVERSITY OF
LINCOLN

HOME BASED

EXERCISE PROGRAMME

University of Lincoln Sports Centre

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General Recommendations

According to the National Strength and Conditioning Association there are 6 principles of training we must follow for it to be effective¹. They are the principles of Individuality, Specificity, Overload, Progression, Diminishing Returns and Reversibility. Some of them will be hard to accomplish in this phase, nevertheless, we will do our best to make sure we reduce the impact of this quarantine period on our strength and endurance levels.

In very simple terms, intensity is related to the impact of an exercise in our body and this can be translated as the external load, on the other hand, volume is related to the amount of training we are submitted to and this can be translated as the sum of sets, repetitions, loads and exercises we perform. In this phase, as we know that many of you won't have access to a set of weights that is sufficient to keep the intensity at a good level, we will be looking into manipulating training volume to make sure we are still satisfying the overload principle.

The overload principle tells us that, in order for change to occur, stress must be placed onto the body. To provoke adaptation, we must apply a stimulus that is different or hard enough for our body to adapt. With this in mind I would recommend you all to perform the exercises close to your limit of repetitions, also known as **AMRAP (As Many Reps As Possible)**. This will ensure the exercises are effective since most of you won't have external loads. If you do have external loads (e.g. dumbbells, barbells, water bottles etc...) the principle is the same, you will simply get tired sooner.

Sedentarism will likely increase during this time so we advise you to still fulfil the general recommendations from Public Health England of 30 minutes of activity a day.

To wrap it up, the message we want you to keep is:



Exercise more often (3-6 days a week)



Increase you reps until you feel close to failure (when performing 3 sets take the last set to failure)



Use the environment around you



Work on improving your technique

¹Sands, W. A., Wurth, J. J., & Hewit, J. K. (2013). *Basics of Strength and Conditioning Manual*. United States: NSCA Human Kinetics.

Split Suggestion

These are just a few suggestions. We would advise you to do something that you enjoy and if possible, something similar to your current programme. If you do feel a little lost feel free to try one of the suggestions bellow.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Warm Up + Cool Down Always						
Upper Body	Rest	Lower Body	Rest	Cardio	Rest	Core
Full Body	Rest	Full Body	Rest	Full Body	Rest	Full Body
Upper Body	Rest	Lower Body	Rest	Upper Body	Rest	Lower Body
Lower Body	Cardio + Core	Upper Body	Cardio	Full Body + Core	Cardio	Rest

Warm Up

3 sets

10 repetitions

- Cardio equipment
- Skipping rope
- Hop in place

} 5 minutes at light intensity



Heel Raises



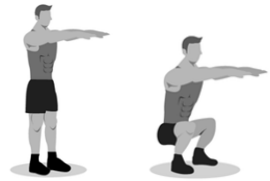
Leg Swings



Lunge Dynamic Stretches



Squats



Arm Swings



Scapula Press Ups



Eccentric Press Ups



Strength



3 sets

Rest 30 sec to 1 min 30 sec between sets

AMRAP

Upper Body

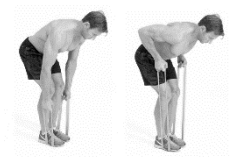
Press Ups with resistance band



Decline Press Ups
(Place your feet on a sofa/chair)



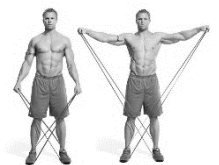
Bent Over Row with resistance band



Pull Ups
(Use pull up bar or 2 chairs and a broomstick)



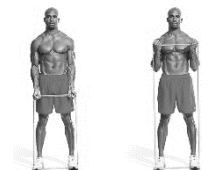
Lateral Raises



Tricep Dips



Bicep Curls

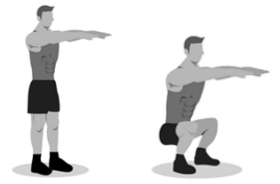


Shoulder Press

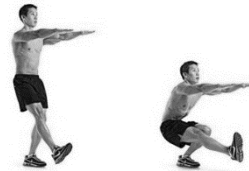


Lower Body

Squats



Pistol Squats



Lunges



Bulgarian Lunges

(Use sofa or chair)



Hip Thrust

(Use sofa or chair for your back or use a band and perform it on the floor)



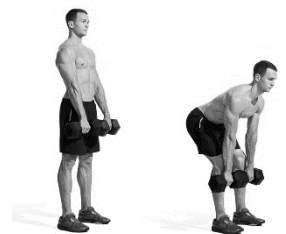
Single Leg Hip Thrust

(Use sofa or chair)



Romanian Deadlift

(Use backpack as weight)



Single Leg Deadlift



Core

Kcal Spent~
100-200

3 sets

Rest 30 sec to 1 min 30 sec between sets

AMRAP

Sit Ups



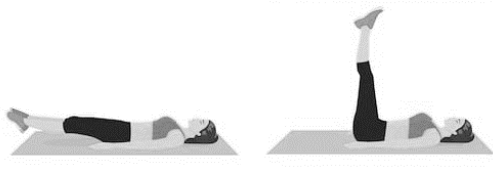
Knee Tucks



Plank



Leg Raises



Knee Drop



Oblique V-Sit Ups



Bicycle abs



Cardiovascular

Kcal Spent~
300-450

3 rounds

45 seconds per exercise

Rest 20 seconds
between exercises

Rest 2 minutes
between rounds

Skipping Rope / Hop in place



Step Up and Down



Burpees



Squat Pulses



Tuck Jumps



Squat Jumps



Commando Plank



Cool Down

 Simple stretches for 10-15 seconds.



Nutritional Advice

Maintaining muscle mass will be highly affected by your protein intake. Make sure you're still hitting your daily targets to prevent any losses. If your goal is losing weight than keep in mind that the less active lifestyle might affect that too.

This will leave you 2 options, cut on your daily calorie intake or adjust your level of activity. Here are a few examples of daily life activities and their caloric expenditure in 30 minutes for a 70 Kg/ 155 lbs individual, as well as the link if you want to find out more (<https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>).

Activity	Kcal
Computer Work	51
Paint house: outside	186
Cooking	93
Watching TV	28
Reading: sitting	42
Heavy Cleaning: wash car, windows	167
Sleeping	23

Overview

- ✓ Exercise more often
- ✓ Do as many reps as possible
- ✓ Take smaller rest periods than usual
- ✓ Schedule your workouts to keep you in track
- ✓ Avoid feeling guilty for not exercising as much
- ✓ Eat your meals as you normally would (same time frames)
and avoid thinking about food in between these times
- ✓ Keep a good protein intake
- ✓ Don't feel guilty if you do eat more than you normally
would, you will need time to adapt to this new routine
- ✓ Take this extra time to try something new
- ✓ Work on your technique
- ✓ Keep a positive mindset!

Keep an eye on our Instagram page for more exercise related content:

 @Uolsportscentre

Disclaimers

The average calories spent per workout were calculated based on a 70 Kg/ 155 lbs individual, please consult the website to find out how much you would spend for your own weight (<https://www.health.harvard.edu/diet-and-weight-loss/calories-burned-in-30-minutes-of-leisure-and-routine-activities>).

If you do have some equipment at home, we would recommend you to follow your current exercise programme as closely as you can.

We will keep you updated with information regarding access to the gym, according to the latest Government recommendations.

Sincerely,

The Sports Centre Fitness Team