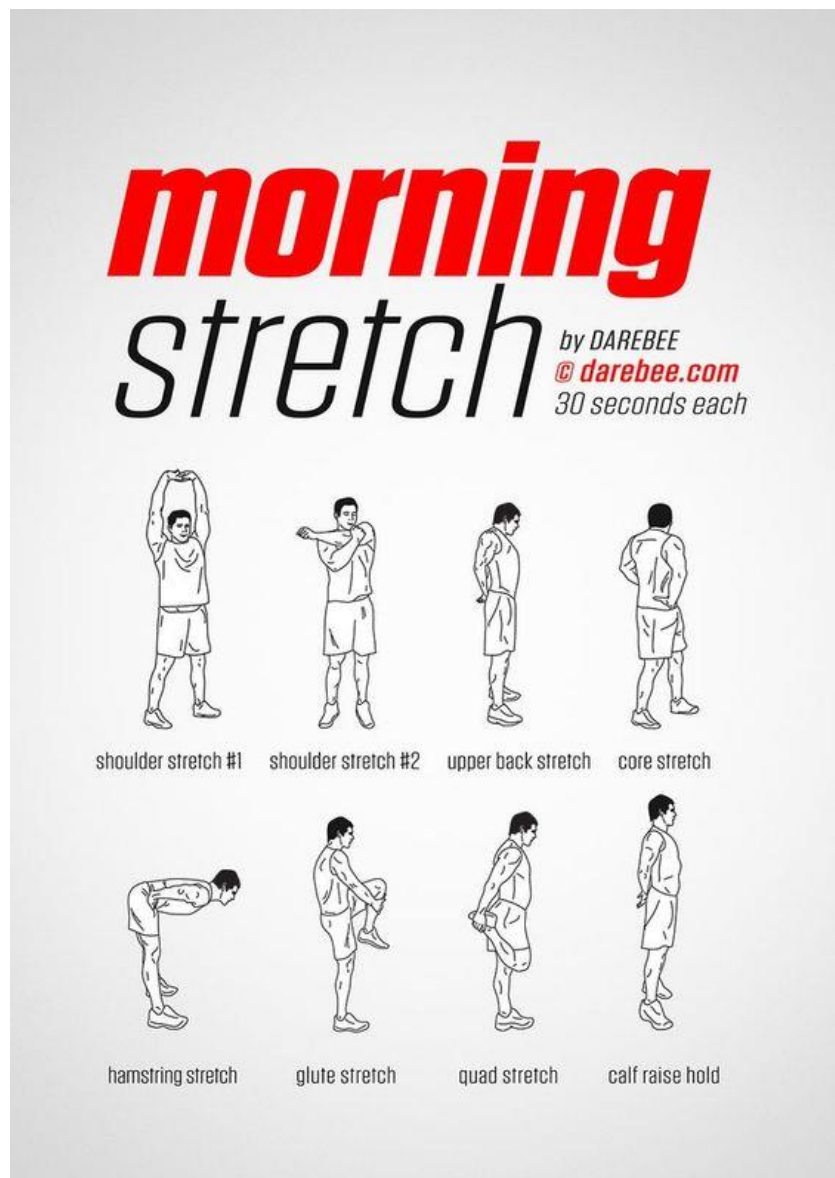


V času, ko obo šola zaprla svoja vrata, vas pozivava, k vsakodnevnemu gibanju v naravi, saj se s tem krepi imunski sistem. Priporoča pohode, teke, vaje za moč in kolesarjenje ter odsvetuje dejavnosti v strnjenih skupinah.

Prilagava vam ideje za vadbo in tabelo v kateri beležite vaše dnevne telesne aktivnosti. Izpolnjeno tabelo prinesite v šolo, ko se vrnemo.

Skrbite za osebno higieno in ostanite zdravi,  
Kabinet za šport.



# top to bottom

STRETCHING / COOLDOWN BY DAREBEE © [darebee.com](http://darebee.com)  
Repeat each stretch for 20 seconds / 20 seconds per side.



# cardio & core burn

DAREBEE  
WORKOUT

© [darebee.com](http://darebee.com)

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets



**20** high knees



**4** climber taps



**20** high knees



**4** plank rotations



**20** high knees



**20-count** plank hold

# lower back

NEILA REY WORKOUT © neilarey.com

Helps reduce lower back pain, tension and soreness

1



10 bottom to heels stretch

2



10 opposite arm / leg raises

3



10 back extensions

4



10 bridges

5



10 knee rolls



IN COLLABORATION WITH **NHS** choices

# daily workout

NR PROJECT WORKOUT © neilarey.com

**3 sets** | up to 2 minutes rest between sets



**10** jumping jacks



**5** squats



**5** push-ups



**10** climbers



**10** plank jump-ins



**10** high knees



**5** knee pull-ins

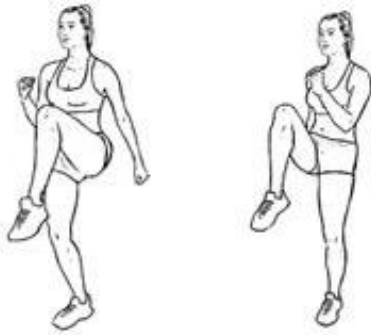


**10** cross crunches



**10** leg raises

# Greatist Full-Body Warm-Up



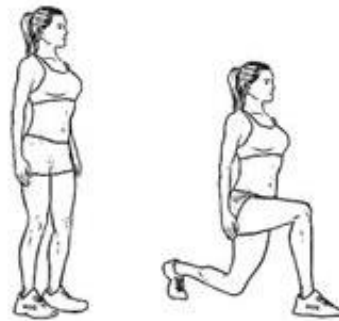
High Knees  
30 secs



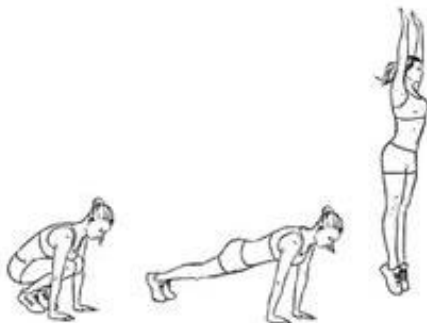
Jump Squat  
10 reps



Pushup  
10 reps

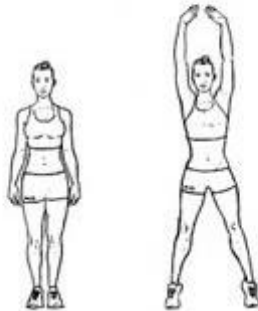


Bodyweight Walking Lunge  
10 reps



Burpees  
10 reps

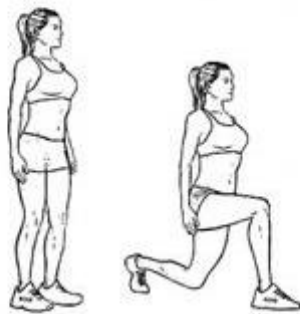
# At Home Workout for Beginners



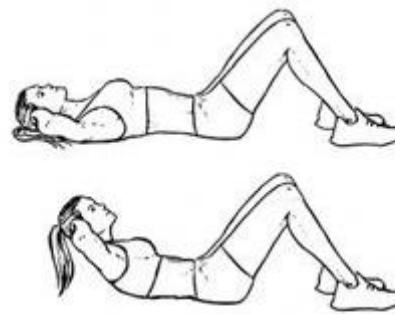
Jumping Jacks / Star Jumps  
40 reps



Bodyweight Squats  
2 sets / 20 reps



Bodyweight Walking Lunges  
2 sets / 8 reps



Crunches  
2 sets / 15 reps



Modified / Knee Push-ups /  
Pushups  
2 sets / 15 reps

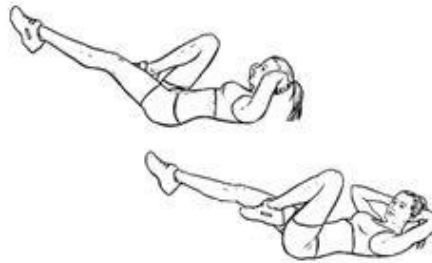


Alternate Heel Touchers /  
Lying Oblique Reach  
2 sets / 20 reps

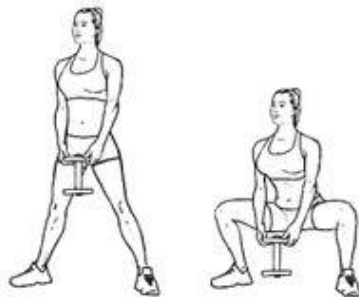
# Intense Full Body Morning Workout



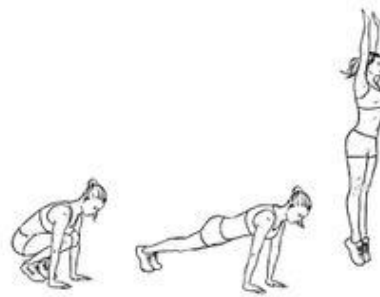
Jumping Jacks / Star Jumps  
**3 sets / 60 secs**



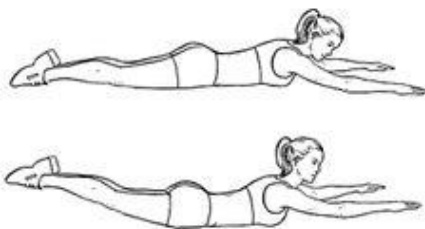
Bicycles / Elbow-to-Knee  
Crunches / Cross-body  
Crunch  
**3 sets / 80 reps**



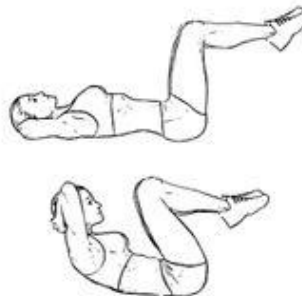
Sumo / Pli Dumbbell Squat  
**3 sets / 25 reps / 20 lbs**



Burpees / Squat Thrust  
**3 sets / 15 reps**



Superman / Extended Arms &  
Legs Lift  
**3 sets / 45 secs**



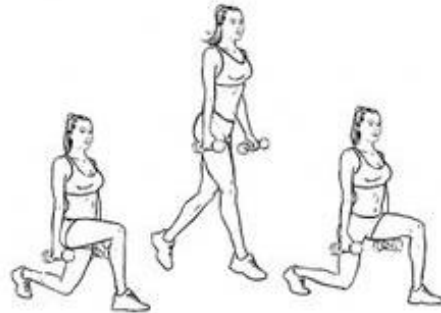
Double Crunch  
**3 sets / 50 reps**



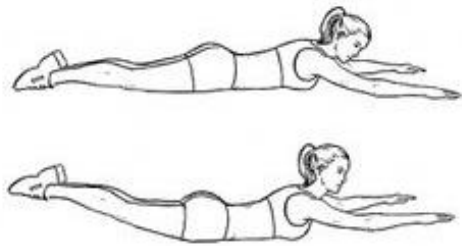
# At Home No Equipment Workout



Push-up  
3 sets / 10 reps



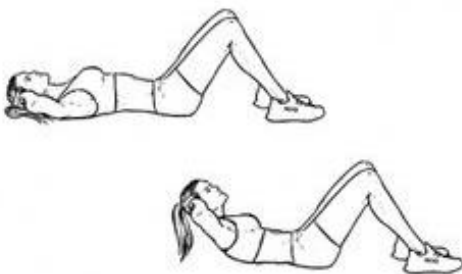
Split Alternating Squat  
Jumps  
3 sets / 10 reps



Superman / Extended Arms &  
Legs Lift  
3 sets / 15 reps



Single Leg Glute Bridge /  
Hip Extension  
3 sets / 15 reps

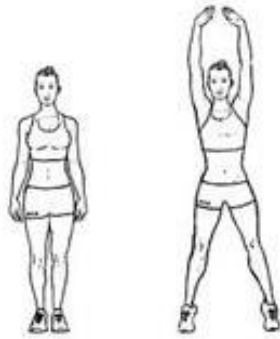


Crunches  
3 sets / 15 reps



Side Plank  
3 sets / 20 secs

# Everyday



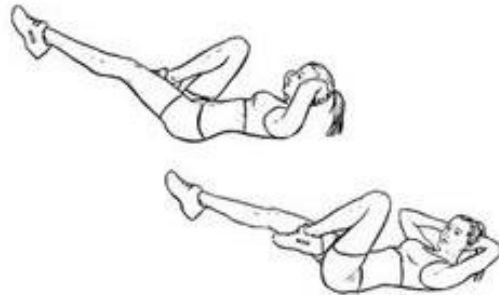
Jumping Jacks / Star Jumps  
2 sets / 50 reps



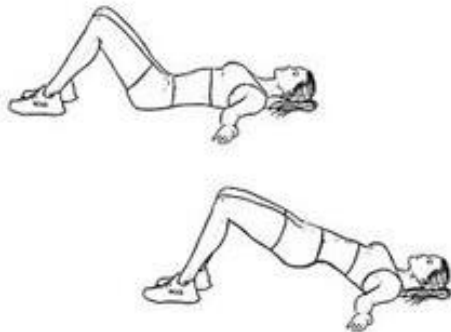
Push-up  
2 sets / 15 reps



Sit-ups  
2 sets / 20 reps



Bicycles / Elbow-to-Knee  
Crunches / Cross-body  
Crunch  
3 sets / 30 secs

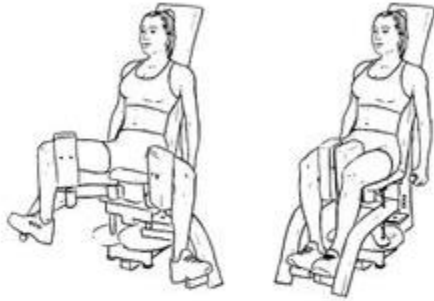


Hip Raise / Butt Lift /  
Bridge  
1 sets / 25 reps

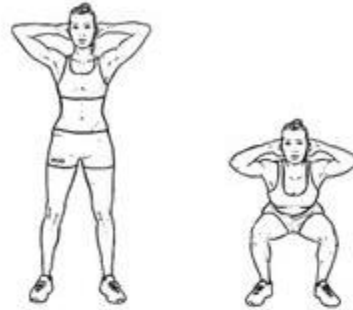


Bodyweight Walking Lunge  
2 sets / 10 reps

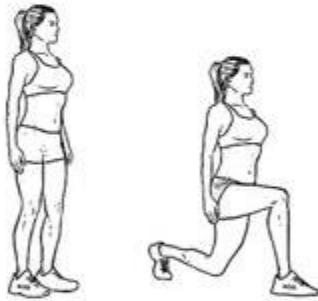
# Legs + Bum



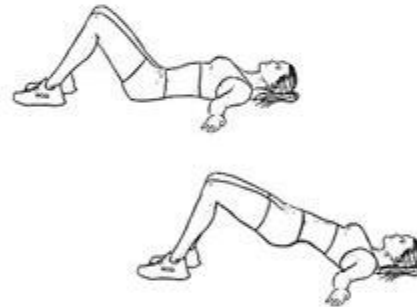
Adductor / Inner Thigh  
Machine  
3 sets / 15 reps



Bodyweight Squat  
3 sets / 20 reps



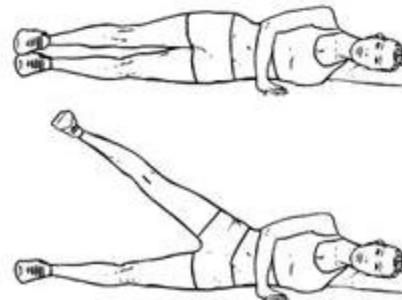
Bodyweight Walking Lunge  
3 sets / 20 reps



Hip Raise / Butt Lift /  
Bridge  
3 sets / 20 reps

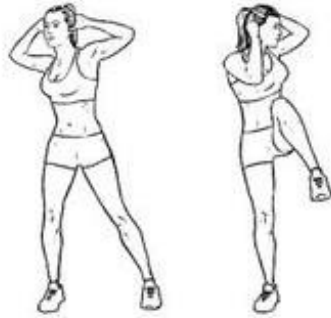


Jump Squat  
3 sets / 20 reps

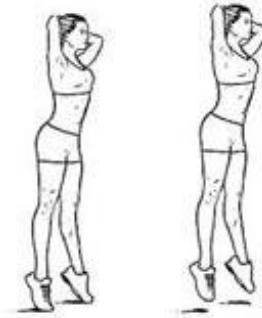


Lying Side Leg Lift  
4 sets / 20 reps

# Cool down



Standing Cross-body Crunch  
20 sets



Jumping Calf Presses  
30 reps



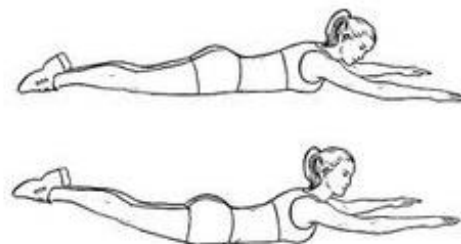
Fire Hydrants / Abductor  
Knee Raise  
20 sets



Modified / Knee Push-up  
3 sets / 8 reps



Walking Plank  
30 secs



Superman / Extended Arms &  
Legs Lift  
3 sets / 12 reps

# better sleep

DAREBEE YOGA WORKOUT

@ darebee.com



**20sec** hero pose



**20sec** child's pose



**20sec** upward dog



**20sec** camel pose



**20sec** butterfly fold



**20sec** supine twist



**20sec** bridge



**20sec** knee-to-chest



**20sec** corpse pose