

Get Activ at Home

30 DAY BEGINNER GET ACTIV PROGRAMME

1	2	3	4	5
10 Press Ups, 10 Air Squats, Plank to Failure + 30 min Walk	11 Press Ups, 11 Air Squats, Plank to Failure + 30 min Walk	Pilates class + 30 min Walk	30 min Walk	12 Press Ups, 12 Air Squats, Plank to Failure + 30 min Walk
6	7	8	9	10
13 Press Ups, 13 Air Squats, Plank to Failure + 30 min Walk	BodyBurn Class + 30 min Walk	30 min Walk	14 Press Ups, 14 Air Squats, Plank to Failure + 30 min Walk	15 Press Ups, 15 Air Squats, Plank to Failure + 30 min Walk
11	12	13	14	15
Infinity Class + 30 min Walk	30 min Walk	16 Press Ups, 16 Air Squats, Plank to Failure + 30 min Walk	17 Press Ups, 17 Air Squats, Plank to Failure + 30 min Walk	Body Conditioning Class + 30 min Walk
16	17	18	19	20
30 min Walk	18 Press Ups, 18 Air Squats, Plank to Failure + 30 min Walk	19 Press Ups, 19 Air Squats, Plank to Failure + 30 min Walk	BootCamp Class + 30 min Walk	30 min Walk
21	22	23	24	25
20 Press Ups, 20 Air Squats, Plank to Failure + 30 min Walk	21 Press Ups, 21 Air Squats, Plank to failure + 30 min Walk	Pilates Class + 30 min Walk	30 min Walk	22 Press Ups, 22 Air Squats, Plank to Failure + 30 min Walk
26	27	28	29	30
23 Press Ups, 23 Air Squats, Plank to Failure + 30 min Walk	Class of your choice + 30 min Walk	30 min Walk	24 Press Ups, 24 Air Squats, Plank to Failure + 30 min Walk	25 Press Ups, 25 Air Squats, Plank to Failure + 30 min Walk



You can join any classes in the programme using Facebook Live, Microsoft Teams or via our Activ Health Club YouTube Channel

For inspiration on how to Get Activ at Home, Think Well and Eat Well and for our class timetable check out our webpage

www.nicssa.org.uk/nicssa-at-home

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