

## By a level 3A student

If you are unsure of how to do any exercises then feel free to google or search them on youtube for guidance. Ensure you warm up before and cool down after.

### Warm up

A good warm up to follow is a RAMP warm up.

**R = Raise** (heart rate, body temp, blood flow, respiration rate)

**A = Activate** (activate key muscles like the quadriceps and glutes)

**M = Mobilise** (mobilise key joints like hips and shoulders)

**P = Potentiation** (this is where you focus on what you are about the train ~~e~~. if you were about the box a boxing workout practice throwing light punches focusing on form rather than power.)

Here's a warm up I suggest that follows the **R A M P** style:

1. 30 second jog
2. 30 second sprint
3. 30 second high knees
4. 30 second jog
5. 30 second but kicks
6. 12 reps of glute bridges
7. 12 reps of supermen
8. 40 seconds of crab walk (a low squat where you move side to side)
9. 12 reps of shoulder taps
10. 12 reps of shoulder raises
11. 30 seconds hip circles
12. 30 second arm circles (each side)
13. 30 second head up and down
14. 30 second leg swings (each side)
15. 30 seconds wrist circles (both hands)
16. Potentiation depends what type of workout you are going to do to make sure it is appropriate and effective for what you are about to perform.

## Abs

3 sets of 10 reps each

- Crunches
- V-sits
- Leg raises
- Bicycle crunches
- Heel touches
- Russian twists
- Sit ups
- Glute bridge

Finish with 3, 30 second planks

## Legs

3 sets of 10 reps

- Squats
- Lunges
- Burpees
- Squat thrusts
- Pistol squats
- Calf raises
- Jumping lunges
- Donkey kicks (glute kickback)

Finish with a 1 minute wall sit

## Arms (if you don't have weight)

3 sets of 10 reps

- Push-ups (on your knees if you struggle)
- Tricep dip
- Shoulder circles
- Close grip push-ups (on your knees if you struggle)
- Straight arm punches
- Thigh taps
- Shoulder taps
- Overhead punches

## Arms (if you do have weights)

Weight of your choice, whatever you have available and a weight you are able to lift with a little challenge.

3 sets of 10 reps

- Shoulder press
- Bicep curls
- Straight arm punches
- Lateral raises
- Front raises
- Tricep extensions
- Side bends
- Chest press

## Ton up

### Warm up

- 1 minute jog or skip rope.

The aim of a ton up is to on the last set reach 100 reps. You will have 10 exercises and the aim is to do 10 reps of each. In between each set you can have a 20 seconds rest period. These are the exercises and order you should follow:

- 10 Squats
- 10 Lunges
- 10 V-sits
- 10 Russian twists
- 10 Burpees
- 10 Squat thrusts
- 10 Leg raises
- 10 Sit-ups
- 10 Push-ups

The first set you will do 10 squats and then rest

The second set you will do 10 squats, 10 lunges and then rest.

The third set you will do 10 squats, 10 lunges, 10 v-sits and then rest.

Then so on until you complete all the exercises.

In other words 1 exercise... rest, 2 exercises... rest 3 exercises ...rest until you have done all 10.

## Ladder

If you are struggling then easier options are in red.

Warmup (30 seconds for each)

- Jog
- High knees
- Star jumps
- Jog forward squat and the jog back and squat

The aim of the ladder to do 1 exercise... rest, 2 exercises... rest 3 exercises ...rest until you have done all 7. You then work backwards and take away the last exercise each time (so the first one you will take away is wide squat jump). Keep going until you have one exercise left. You will complete 30 seconds on each exercise and can have a 20 second active rest period where you can jog or march. These are the exercises.

- Wide squat jump (**Wide squat onto tiptoes instead of jump**)
- Knee lifts to touch opposite elbow
- 2 Squat thrusts, 2 plank jack (**Step in and step out the jacks**)
- Sprint fast on the spot and sprawl every 5 seconds (**Take out the sprawl**)
- Star jumps or explosive star jumps (**Step foot to the side**)
- Press ups (**Press ups on knees**)
- Lunge jumps or stride jumps (**Lunges**)

## Sally challenge

There is a song called [Flower by Moby](#) and its lyrics are very repetitive. A little snippet:

*Green Sally up and green Sally down  
Lift and squat, gotta tear the ground  
Green Sally up and green Sally down  
Lift and squat, gotta tear the ground*

The idea of the sally challenge is to go down when it says and go up when it says. You could do many exercises along with it. The favourites are pushups, squats and leg raises.

## 1000 reps challenge

This will consist of 500 reps on your abs and 500 reps on your legs. You can choose the exercises you do as long as they target the correct area. However if you want you can follow this one.

Legs- 10 exercises 50 reps each

- Squats
- Lunges (25 each side)
- Donkey kicks (25 each side)
- Calf raises
- Single leg circles (right leg)
- Single leg circles (left leg)
- Lateral lunges (25 each side)
- Lateral leg raises (right)
- Lateral leg raises (left)
- Single leg squats (25 each side)

Abs - 10 exercises 50 reps each

- Crunches
- V-sits
- Bicycle crunches
- Heel touches
- Russian twists
- Sit ups
- Leg scissors
- High crunches
- Leg raises
- Cross body crunches

**Make sure you stretch after!!!!**

## Jolene push-up challenge

There is a famous song from the 70's called [Jolene by Dolly Parton](#) and the name Jolene is repeated a lot! The idea is to do a pushup every time Dolly Parton says Jolene.

Here is an example from a youtuber Mark O'Dwyer:

<https://www.youtube.com/watch?v=beRGljM6k4o>

## Running

If you are new to running a good way to start is to run to a lamppost and then walk to the next one, then run to the next one and so on. This will help build your endurance (how long you can run before getting out of breath). After doing this a couple times then you could begin to make it harder. You could run to the first and the second and then walk to the third and so on. This increases the amount of running time so there is more running then resting.

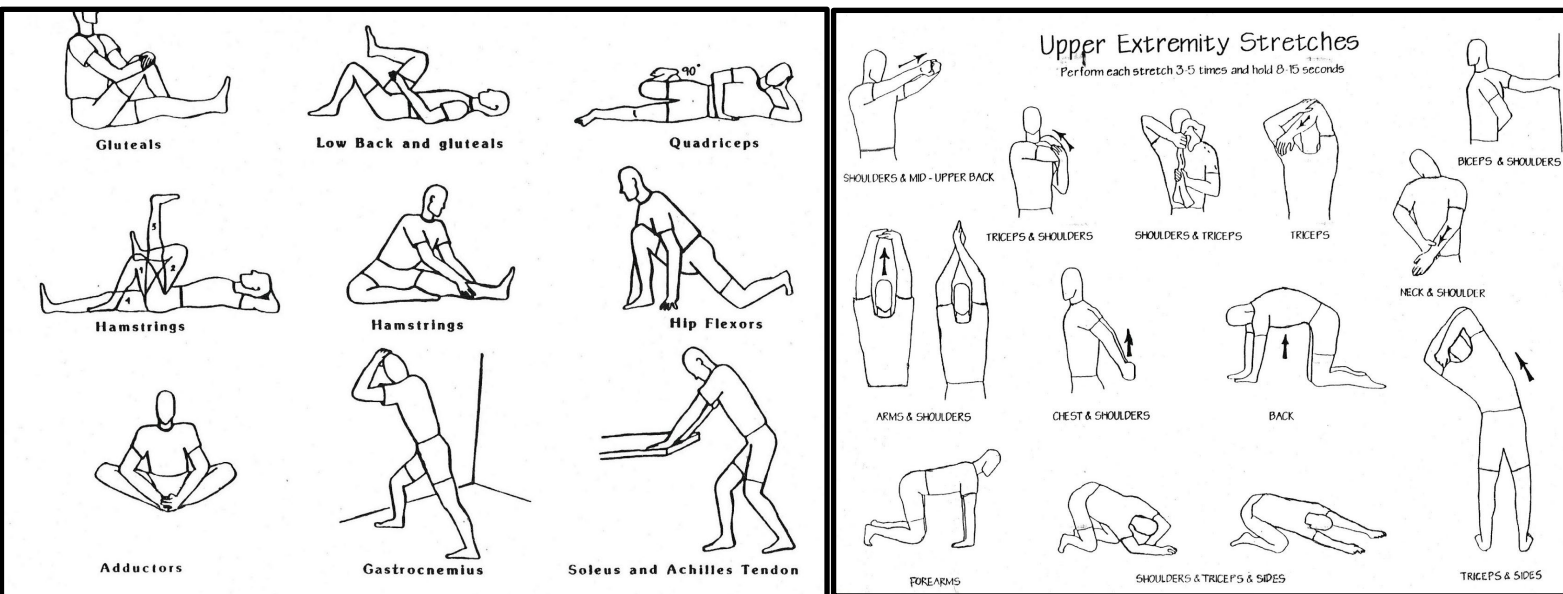
At college you are expected to run 2.4 km in a decent time calculated to you based on navy standards. <https://www.royalnavy.mod.uk/careers/joining/get-ready-to-join/royal-navy-rating/how-can-i-prepare> The link is to the Royal Navy how can i prepare? Section. If you scroll down to the pre-joining fitness test you will be asked to put in your age group and gender then it will calculate a minimum pass time for a 2.4km run.

Once you have your minimum pass time it becomes easier as you now have a goal to get to instead of the general goal to get quicker.

## Cool down/Stretching

Stretching is so important after a workout and you could really do yourself harm if you neglect to stretch. You will come up with your own stretch routine over time however at first it is just important that you stretch all the important and big muscles. I suggest that each stretch is held for at least 30 seconds to feel the complete benefit. Without stretching we risk injury and we are unable to recover properly.

Stretches you could try:



Cool downs are tailored to what you have been doing: if you have been running then a walk is a sufficient cool down. 35 minutes of easy exercise related to what you were already doing is suggested to prevent injury and muscle stiffness.

After a workout it is only important to re-hydrate and re-fuel. Lots of water and easily digestible foods.