

# Lockdown Exercise

## Goal:

I intend to perform at least 2 and a half hours of exercise per week, as currently, I am not meeting a suitable standard of fitness. This will hopefully lead to a much healthier lifestyle than the one I am currently living.

## How I am going to achieve this:

I will realise this goal by doing half an hour of vigorous exercise, following the same routine from a digital application, five days per week. I have decided to execute this in such a manner because it is much simpler to split the task up into smaller sections. Moreover, having two days to rest is vital because it allows me to perform at a consistent pace. Additionally, if the exercises eventually become too easy, I will increase the length by five minutes each time.

## Week 1

### Evidence



Skipping without rope



Squats



Fathers day walk



Mountain Climbers

## Recording

**Monday, 30th August:** ½ Hour of exercise

**Tuesday, 31st August:** ½ Hour of exercise

**Wednesday, 1st September:** ½ Hour of exercise

**Thursday, 2nd September:** Rest day

**Friday, 3rd September:** ½ Hour of exercise

**Saturday, 4th September:** ½ Hour of exercise

**Sunday, 5th September:** Walking

## Week 2

### Evidence



Sunday walk



Running with my dog



Pushups

## Recording

**Monday, 6th September:** 35 minutes of exercise

**Tuesday, 7th September:** 35 minutes of exercise

**Wednesday, 8th September:** Running with my dog (40 minutes)

**Thursday, 9th September:** 35 minutes of exercise

**Friday, 10th September:** Rest day

**Saturday, 11th September:** 35 minutes of exercise

**Sunday, 12th September:** Walking

## Week 3 (Week of Submission)

### Evidence



Burpees



Pushups

## Recording

**Monday, 13th September:** 40 minutes of exercise

**Tuesday, 14th September:** 40 minutes of exercise

**Wednesday, 15th September:** 40 minutes of exercise

## **Overall Reflection:**

Overall, I created a sustainable program that created demonstrable improvements in my health. In the beginning, it was certainly helpful to set concrete and reasonable goals that are simple to follow. There were points at which I was averse to exercising as I did not have the energy. However, most of the time I managed to persuade myself to continue with the regime, understanding the vast improvements it would eventually bring about. Moreover, when I experienced too much fatigue to follow through, I called a rest day. These hiatuses were consistent with my plan as I knew that observing it excessively would only decrease my willingness to further engage with the procedure. Being able to relax temporarily not only restored strength in my muscles, but also contributed to the long-term continuation of the schedule. When constructing this, I knew that it was paramount that it could be maintained over multiple weeks. Furthermore, adding five additional minutes of exercise per week was favourable as it was congruent with my own progression in my fitness. Notwithstanding these positive qualities, I could have improved my scheme by selecting my own drills, instead of using ones from a digital application. My original justification for this decision was that it would be far more efficient, but it actually resulted in me carrying out movements that were not tailored to my abilities. Therefore, having a purpose-built set of exercises that I could amend would have been superior. Another potential amelioration would have been adding a significant level of variation with regard to the sessions, as even though they were slightly different, I frequently found them to be monotonous.

As for the advantages in my health, they are not necessarily reflected physically. Although, after rigorously following my routine, I have felt ineffably better. This has had considerable benefits on both my social and scholastic lives. For instance, I have been increasingly motivated to complete my schoolwork and have consequently been more productive. This has left me with a greater amount of free time that I have been able to spend with my family or pursuing my individual interests and hobbies. Additionally, I have been able to communicate more enthusiastically with my family and friends as I generally have more vitality. In conclusion, I would deem my fitness programme to be a success, and in doing so, acknowledge the minor issues that could be resolved if I were ever to undertake this again.