

G.W. GRAHAM PHYSICAL EDUCATION



DAILY PHYSICAL ACTIVITY RESOURCES

Scroll down to see a complete list and description with links of various resources and ideas for:
Yoga, Tai Chi, Meditation, Exercises/Training Workouts & Circuits, Dance and Running

<p>YOGA TAI CHI MEDITATION</p>	
<p>HOME EXERCISE WORKOUTS CIRCUITS</p>	
<p>CROSSFIT TRAINING</p>	
<p>DANCE</p>	
<p>RUNNING</p>	
<p>NUTRITION</p>	

YOGA, TAI CHI AND MEDITATION

YOGA *with* ADRIENE

<https://yogawithadriene.com/>

<https://www.youtube.com/user/yogawithadriene>

Here is what I like about YwA:

- Many themes to choose from – eg: “Full Body Flow”, “Yoga for Runners”, “Yoga for Stress”, “Yoga for Teens”, “30 days of Yoga”...
- Strong explanations and encouragement of moving in ways which work for your body
- Positive and light hearted



Nike Training Club

<https://www.nike.com/ca/ntc-app>

Nike Training Club has a complete collection of pre-built workouts.

You can browse workouts by:

- Workout Type (Endurance, Mobility, Strength, and Yoga)
- Muscle Group (Abs & Core, Arms & Shoulders, Glutes & Legs)
- Equipment (Basic, Full, None)
- Short Workouts
- Athlete Workouts

OR... choose new featured workouts or top picks for you!

In each collection you can choose a variety of workouts from 5 – 45 min

*Best part of NTC is it's completely Free!

DAREBEE

DareBee Website

<https://darebee.com/>

This website has a huge collection of resources including but not limited to:

- Wide Variety of Predesigned Workouts and Circuits
- Programs and Challenges
- Running Workouts/Programs
- Nutrition, Meal Plans & Recipes
- Articles of every nature
- Health Blog



The YMCA

<https://ymca360.org/>

The YMCA provides many online videos including:

- Yoga
- Tai Chi
- Spin/Cycle
- Barre
- Bootcamp
- Weightlifting
- YBox
- Kids Activities
- Youth Sports Performance



Calm YouTube Channel

<https://www.youtube.com/channel/UChSpME3QaSFAWK8Hpmg-Dyw>

Calm provides a large collection of videos including:

- Meditation
- Sleep Stories
- Soothing Sounds & White Noise

Check out the Calm Instagram Account

<https://www.instagram.com/calm/>



Education's Voice Mindfulness

<https://www.youtube.com/channel/UCw5GL8K4f1OZBkFJAJhebrQ>

This website provides a wide variety of videos for meditation and Mindfulness

HOME EXERCISE WORKOUTS/CIRCUITS



Muscle & Fitness:

<https://www.muscleanfitness.com/>

Muscle & Fitness provides a huge online video and article collections including:

- Workouts for every muscle group.
- Workout Routines & Tips
- Nutrition/Meal Planning/Recipies
- Access to FLEX & M&F Hers
- And much more!

The logo for DareBee, featuring the word "DAREBEE" in white, bold, uppercase letters on a red rectangular background.

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Health Blog



Orange Theory At Home

<https://www.orangetheory.com/en-us/athome/>

Orange Theory posts a new workout daily!

They also provide free access to many more workout videos and articles.



1. Lululemon 45-minute Body Weight Workout

<https://www.youtube.com/watch?v=0AVAQdIn2LU>

A mindful workout great for all fitness levels, this routine combines HIIT (high intensity interval training) and LIIT (low intensity interval training) bodyweight exercises and a 5-minute stretch session to cool things down. You can do this workout at home or anywhere you can work up a sweat. Instructed by lululemon Legacy Ambassador, Leonel Franco.

45 Minute Bodyweight Workout Plan for All Levels:

Hip Ups x 10 2. Scapular Push Ups x 10 3. Tabletop Fliers x 10 per side 4. Hip Ups x 10 5. Scapular Push Ups x 10 6. Tabletop Fliers x 10 per side 7. Push Up to High Five x 10 alternating sides 8. 2 Sets Tabletop Crawls 5 steps forward, 5 steps back 9. Three-way Lunge x 10 per side 10. Push Up to High Five x 10 alternating sides 11. 2 Sets Tabletop Crawls 5 steps forward, 5 steps back 12. Three-way Lunge x 10 per side 13. Push Up to High Five x 10 alternating sides 14. 2 Sets Tabletop Crawls 5 steps forward, 5 steps back 15. Three-way Lunge x 10 per side 16. Bear to Squat x 10 17. Lateral Bound x 20 18. Bear to Squat x 10 19. Lateral Bound x 20 20. Bear to Squat x 10 21. Lateral Bound x 20

**Optional Equipment: Yoga mat

2. Lululemon 15-minute Total Body Workout

<https://www.youtube.com/watch?v=Afm17uXiplw&list=PLPbDo1Dse11xWqcslav1BEhyl3YinD5ho>

Take this short, active workout on the go with you. These bodyweight exercises will help you work up a sweat with exercises you can do anywhere. It's a great way to give your day a jumpstart. Instructed by lululemon ambassador, Jordan Bowers.

15 Minute Full Body Workout Plan:

World's Greatest x 3 2. Wall Angels x 10 3. World's Greatest x 8 4. Wall Angels x 10 5. Push ups with Hand Release x 10 6. Lateral Fast Feet x 3 7. Isometric Glute Bridges x 5 8. Pushups with Hand Release x 10 9. Lateral Fast Feet x 3 10. Isometric Glute Bridges x 5 11. Sprinter Lunges x 8 per side 12. Frogs x 8 13. Sprinter Lunges x 8 per side 14. Frogs x 10 15. Single Arm Plank x 5 16. Hollow Body Rock to Superheroes for 15 seconds per side x 5 17. Single Arm Plank x 5 18. Hollow Body Rock to Superheroes for 15 seconds per side x 5

**Optional Equipment: Yoga Mat

3. Lululemon 25-minute Stretch and Strengthen Workout

<https://www.youtube.com/watch?v=7KLn1kDxQ1c&list=PLPbDo1Dse11xWqcslav1BEhyl3YinD5ho&index=2>

Start your day with an invigorating stretch-based workout that strengthens your body and mind with a series of fluid movements. Work up a gentle sweat as you get your body ready to take on the day. Instructed by lululemon Legacy Ambassador, Aaron De Jong.

25 Minute Workout Plan:

Windmill Reach x 3 per side 2. Kick Save x 3 per side 3. Pike Arch x 3 4. Step-Up Step-Back with Twist x 5 per side 5. Low Plank x 5 6. Step-Up Step-Back with Twist x 5 per side 7. Low Plank x 5 8. Single Leg Deadlift into a Forward Lunges 5 per side 9. Squat Walkout into Side Plank x 5 10. Single Leg Deadlift into a Forward Lunges 5 per side 11. Squat Walkout into Side Plank x 5

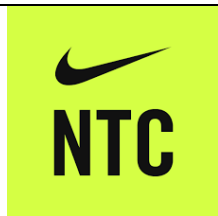
**Optional Equipment: Yoga Mat



<https://drive.google.com/drive/folders/0B0IOIoa90c6oMm0yTGx0Wjk5czg>

Ok Sports fans, if you are looking for an extreme workout that you can do in your house....here it is. We have shared a few resources from the AWESOME people at Insanity Videos.

- Super simple, click the below link and it will take you to a google drive with some workouts and other resources.
- These workouts are for students that already have a VERY good fitness level established.
Remember:
 1. Only do what you can do.
 2. Rest when you need rest. Work at your own pace. If you need to take extended breaks that is ok. Remember your work to rest ratios, try to work at 100% your effort, and rest for a duration of time that is going to let you work at your top level.
 3. Have fun with your exercise – play your favorite music, face time and complete the workout with a friend, get your family to workout with you.



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SWÖRKIT

Sworkit Online App

www.sworkit.com

Sworkit has the following Free Kids workouts (requires no equipment):

- Warm-up for kids
- Strength for kids
- Agility for kids
- Flexibility and Balance for kids
- Cooldown for kids
- Stand Up and Move for kids

1. You can customize each workout for a specified amount of time.
2. Each workout will start with a brief warm-up.
3. A video demonstration with audio explanation accompanies each exercise.

This app also has a complete library of exercises (in Exercise Library) where you can watch a demonstration of all the workouts listed. It also shows what muscle groups are used for each exercise.

**if you select a workout, you will be prompted to pay for a subscription... however you can still watch the demos of all the exercises for free!



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facebook



FITSEVENELEVEN®

FitSevenEleven 20-minute Zumba class

<https://www.youtube.com/watch?v=0OLiAtvhmpo>

Cardio is not just running on a treadmill. You don't need any equipment or weights!! Let's burn some calories with these rhythmic ZUMBA moves. The video is in full length which means you just follow whatever your FITSEVENELEVEN coach is doing.

Follow this high paced, dance-themed cardio workout, set to modern hits in dance music. Adapt these moves to suit your level of experience and get a workout in, while dancing to top artist songs.



Fitness Blender YouTube Channel

<https://www.youtube.com/user/FitnessBlender>

Fitness Blender 20-minute HIIT Workout

<https://www.youtube.com/watch?v=JWy2-Dz7vJo>

- This video is a bare-bones, guided 20-minute intense workout. The video host works out with participants and guides the movements from one to the next. There is an approximate calorie burn that accompanies this video, so you can have a rough idea of what you might be burning.
- This workout does not require any equipment and can be completed in a relatively small space.



POPSUGAR
FITNESS

POPSugar Fitness Website and YouTube Channel

<https://www.popsugar.com/Fitness-Video>

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

Check out POPSugar Fitness You tube Channel. Lots of free workouts. See below for one of many.

30-minute Body Weight Workout

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

No equipment, no problem! This all-bodyweight workout from Barry's trainer Taylor Walker will tone your muscles and leave you feeling tired, but refreshed.

This video features 3 different ability levels and has something for everyone. This high-paced video is set to music to match.

CONNOR + GARY

<https://www.instagram.com/mcdavid97/?hl=en>

Connor McDavid 15 min at Home Workouts on Instagram.



Active Kids 2.0 by Blue Crush YouTube Channel

<https://www.youtube.com/user/GoldenSPOONprod/videos>

Workout Videos Daily

THE TOILET PAPER WORKOUT

What you need:

1. 4 rolls of toilet paper
2. Any space in the house that gives you enough room to jump around.

Sets and reps:

You can adjust your sets and reps to whatever works for you.

To start: try doing all the exercises one time and do 10 reps of each exercise.

Remember: if you are doing individual leg or arm exercises you need to do each side 10 times.

Advance to multiple sets of the work out. Adjusting your reps per exercise.

LINKS:

<https://www.facebook.com/Tyla/videos/1819527811422648/>

https://youtu.be/aaa_zb7GwWc

Remember: have fun and stay active.

CROSSFIT TRAINING



Crossfit

<https://www.crossfit.com/>

<https://www.crossfit.com/exercisedemos/>

<https://www.crossfit.com/workout/>

What type of students will benefit from this style of training?

Strength and Conditioning/ Physical Education/Sport Specific Students

Crossfit is an amazing training regime. Look at the following website for demos on how to perform exercises and daily exercise routines. This program will help individuals reach their fitness and sport specific goals.



Active Kids:

<https://www.activekids.com/parenting-and-family/articles/an-easy-and-fun-crossfit-like-workout-for-kids>

This website provides a Crossfit like exercise program for younger kids that is fun and challenging.



Nerd Fitness

https://www.nerdfitness.com/blog/a-beginners-guide-to-crossfit/#crossfit_workout

This site breaks down what Crossfit is all about. It is good information for athletes and people who want to start training in this manner.



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Heavy Fran Workout:

<https://www.youtube.com/watch?v=BGX69GOQGKE>

Here is an athlete (Greg Amundson) doing a Crossfit workout called “Heavy Fran”. He is definitely a highly conditioned athlete and you can be as well.

DANCE



Just Dance Now App & Website

<https://justdancenow.com/>

Connect your device to a big screen and have a dance party!

DANCEPL3Y

Dance PL3Y You tube Channel

<https://www.youtube.com/user/DANCEPL3Y/videos>

COUNTRY LINE DANCING

One of the units our Graham students thoroughly enjoy is dance unit. They say they don't like it but, the smiles on their faces say otherwise. It is amazing to walk down the halls after class and see everyone practice their new skills. This activity allows you to practice and learn a few line dancing routines that the whole family can enjoy.

The Cowboy Hustle <https://www.youtube.com/watch?v=EAP1E-B5qk8>

The Electric Slide <https://www.youtube.com/watch?v=OpF9PN8UpqI>

Slappin' Leather <https://www.youtube.com/watch?v=ZufnWkcAPJo>

Boot Scootin' Boogie <https://www.youtube.com/watch?v=PTZ4Xec9XKU>

Old Town Road <https://www.youtube.com/watch?v=ceArU05RyLk>

Watermelon Crawl <https://www.youtube.com/watch?v=Xft6s7R5rLA>

The Cowboy Cha Cha & Duck Dynasty <https://www.grizzlyrose.com/popular-country-line-dances/>

RUNNING



Nike Run Club

<https://www.nike.com/ca/nrc-app>

Nike Run Club is a must app for any type of runner (beginner-marathoner)

1. NRC will track and provide info on your runs:

- Route
- Distance
- Time
- Elevation
- Pace
- Calories

2. NRC has the option to choose guided runs with the option of coaching along the way:

- First Runs & First Treadmill Runs
- Treadmill Runs
- Speed Runs
- Short & Long Runs
- Distance Based Runs
- Run & Train Interval Runs
 - Run and Train Upper Body
 - Run and Train Core
 - Run and Train Lower Body

*Experience your run being coached by notable celebrities!

*Best part of NRC is it's completely Free!

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RUNNING A 10K

Ever wanted to train for a run, but didn't know where to start? This is a great first introduction to formal running.

Below is a 13 week run program which starts you at the very beginning. Feel free to repeat weeks if necessary! Included is an article on running form –which we encourage you to read prior to starting the program! We also highly encourage you to compliment the 13 week training plan with Yoga pre/post run OR on your off days.

You will need a good quality pair of runners, comfortable active clothing appropriate for current weather, and a great playlist if you choose to run with music
Feel free to connect us if you have any questions.



Article on developing strong running form :

<https://www.runnersworld.com/beginner/a20811257/proper-running-form-0/>

13 week training program for running a 10 K:

<http://www.efap.ca/services/documents/SportMedLearnToRun10KProgram.pdf>

Yoga for runners – great to add to the above training program:

<https://www.youtube.com/user/yogawithadriene/search?query=running>