



# THE KING'S SCHOOL

GRANTHAM

## Home Exercise 2020





# THE KING'S SCHOOL

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## Teachers, Parents & Students

During this COVID-19 pandemic, it is really important that we remain focused, confident, and determined to stay on top of our physical and mental health.

We have collated a range of activities that can be managed in and around the home and form the basis of a six-week home programme.

Social media, gaming and television are all sedentary activities and don't present the most appropriate use of the newly enforced additional time at home. We would encourage all of our students to develop a well thought out and balanced home-schooling programme which should include a regular period of physical activity. In addition to the clear physiological advantages of physical activity there has been an abundance of research to suggest physical activity will improve memory and academic outcomes, not to mention the psychological benefits of exercise.

In accordance with this, a six-week programme has been attached based on the current guidelines for children and advice from the Government. This is subject to change (i.e. the use of outside spaces) depending on the severity of this pandemic.

Please complete your own risk assessments for all activities and remember to follow the website below for regular updates:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



# THE KING'S SCHOOL

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## The Warm-Up

To stay safe and get the most out of your workout you must always include a pre-workout warm-up before you begin and then finish with a cool down to get your body back into gear.

During a workout we can all go from zero to hero and push hard but the safe way to train is to bring the body's temperature up slowly and loosen up the muscles before we get to do anything serious. That's what warm-ups are designed to do.

Warm-ups should always be dynamic, always use active exercises (e.g., hops, rotations, chest expansions) to get our bodies ready. We need to get the blood flowing, especially during colder seasons. Our bodies benefit from stretches after we have warmed-up - our muscles are more susceptible to them allowing us to stretch further and hold the stretches longer.

Most warmups don't take very long, just two-three minutes, five minutes tops. To benefit us the most a warm-up should work the same muscles we will be engaging during the main workout - they should include lighter exercises or a toned-down version of the training ahead.

## Cool-Downs

Cool downs are a natural end to any session but it doesn't have to be stretching at all. It can be anything from yoga to meditation to a jog or a walk. Cool-downs are designed to get us back into normal pace gradually and give us time to recover. Unlike warm-ups they are not absolutely necessary but they do help.

Although cool-downs don't have to include stretching, it is the smart thing to do. You benefit the most from stretching exercises when you have already exercised for a prolonged period of time - that's when your muscles are ready for it the most.

# 2 minute Warm-Up

Repeat each exercise for 10 seconds.



hops on the spot



side-to-side hops  
single leg



hops on the spot



side-to-side hops  
feet together



alt back expansions



chest expansions



arm circles (wide)



arm circles



hops on the spot



side-to-side hops  
single leg



hip rotations



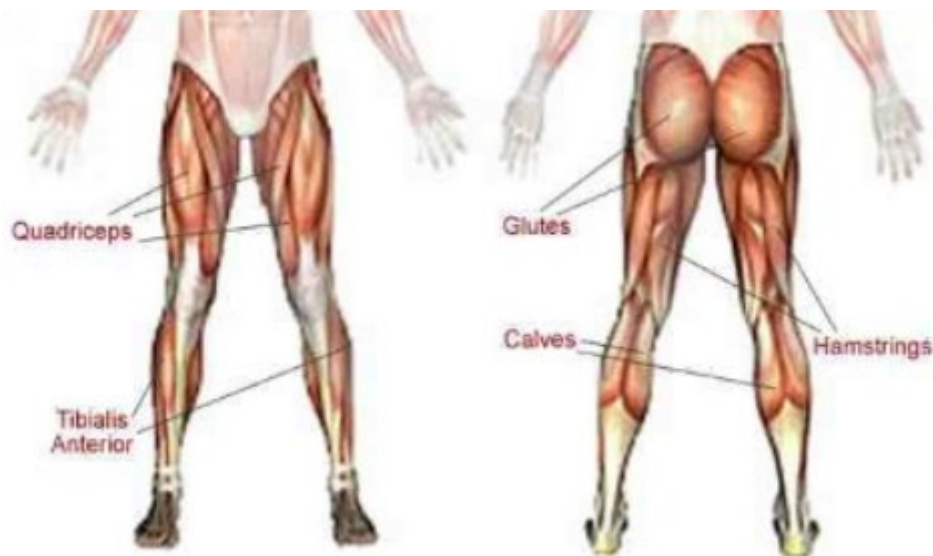
torso rotations



# THE KING'S SCHOOL

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## Lower Body



We have included the following workouts

X2 Easy

X2 Medium

X1 Hard

Further workouts can be found at [darebee.com](https://darebee.com)

# Lower Body - Easy

# BITESIZE CARDIO

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



20 half jacks



2 squats



20 half jacks



20 butt kicks



2 squats



20 butt kicks

WHAT IT WORKS



FOCUS



Cardiovascular System,  
Aerobic Performance  
(VO<sub>2</sub>Max)

TYPE

High Burn  
Streamline

DIFFICULTY



suitable  
for beginners

If you're really pushed for time, have low energy levels, feeling fatigued after a busy day or just want to dip your toe into the cardio workout world then the Bitesize cardio workout is perfect for you. It will push all the right buttons, won't exhaust you, drain you or leave you feeling anything more than energized and craving for more. EC is a thing to aim for.

**Extra Credit:** Go flat out.



# Lower Body - Easy

# anywhere cardio

DAREBEE WORKOUT © darebee.com



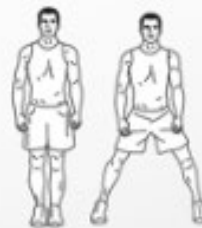
**40** march steps x 4 sets in total  
20 seconds rest in between sets



**40** hops on the spot x 2 sets in total  
no rest between sets 1 set per leg



**40** side jacks x 4 sets in total  
20 seconds rest in between sets

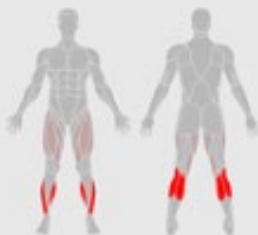


**40** half jacks x 4 sets in total  
20 seconds rest in between sets

- TIMER

- SETS

WHAT IT WORKS



FOCUS



Cardiovascular System  
Aerobic Performance  
(VO<sub>2</sub> Max)

TYPE

High Burn  
Streamline

DIFFICULTY



suitable  
for beginners

You need, maybe a couple of minutes in total and a tiny space to stand and you have got yourself an awesome cardiovascular workout that will get your body going and your heart revving. Anywhere Cardio is a light, fast workout that's perfect for those times when time, space and even focus are in short supply. Have it on your horizon and you will never be stuck for a workout when the odds are against you.

**Extra Credit:** No rest between exercises.



# Lower Body - Medium

# MANIAC

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



**20** jumping jacks **x 5 sets** in total  
20 seconds rest between sets



**5** basic burpees **x 5 sets** in total  
20 seconds rest between sets



**20** climbers **x 5 sets** in total  
20 seconds rest between sets



**20** flutter kicks **x 5 sets** in total  
20 seconds rest between sets

- TIMER

- SETS

WHAT IT WORKS



FOCUS



Cardiovascular System,  
Aerobic Performance  
(VO<sub>2</sub>Max)

TYPE

High Burn  
Streamline

DIFFICULTY



suitable  
for beginners

Go crazy with the Maniac Workout! This routine is designed for days when you just need to get your reps in and your heart pumping. Go flat out, catch your breath and repeat!

**Extra Credit:** Do full burpees (with a push-ups) instead of basic burpees.





# Lower Body - Medium

## active rest

DAREBEE WORKOUT © darebee.com



20 leg extensions



20-count hold



20 leg extensions

change legs and repeat the sequence



20 side leg raises



20-count hold



20 side leg raises

change legs and repeat the sequence



20 leg raises



20-count hold



20 leg raises

change legs and repeat the sequence

WHAT IT WORKS



FOCUS

Lower Body

TYPE

Strength  
Tone

DIFFICULTY



suitable for beginners

Isometric exercises pit one muscle group against another. This makes them perfect for muscle activation that does not stress out tired joints. As a result they help promote joint stability and strengthen the ligaments and tendons that are the anchor points for muscles. The Active Rest workout helps you achieve all of that.

**Extra Credit:** Extend each hold to a 30-count (30 seconds).



# Lower Body - Hard

## MONSTER LEGS

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

2 minutes rest between exercises



**20** jump squats  
**x 4 sets** in total  
30 seconds rest  
between sets



**40** side kicks  
**x 4 sets** in total  
30 seconds rest  
between sets



**20** calf raises  
**x 4 sets** in total  
30 seconds rest  
between sets



**20** split lunges  
**x 4 sets** in total  
30 seconds rest  
between sets



**20** single leg bridges  
**x 4 sets** in total  
30 seconds rest  
between sets



**2 minutes**  
wall-sit  
once

← TIMER

← SETS

WHAT IT WORKS



FOCUS

Lower Body

TYPE

Strength  
Tone

DIFFICULTY



not suitable  
for beginners

Legs are the equivalent of transportation units and heavy artillery and Monster Legs is a difficulty Level IV workout that's intended to help make them better. This is a lower-body focused set of exercises that load some of the largest muscle groups of the body with a view to increasing strength and power. Add EC and you then have the kind of workout that will completely alter the way your lower body feels.

**Extra Credit:** 3 minute wall-sit.

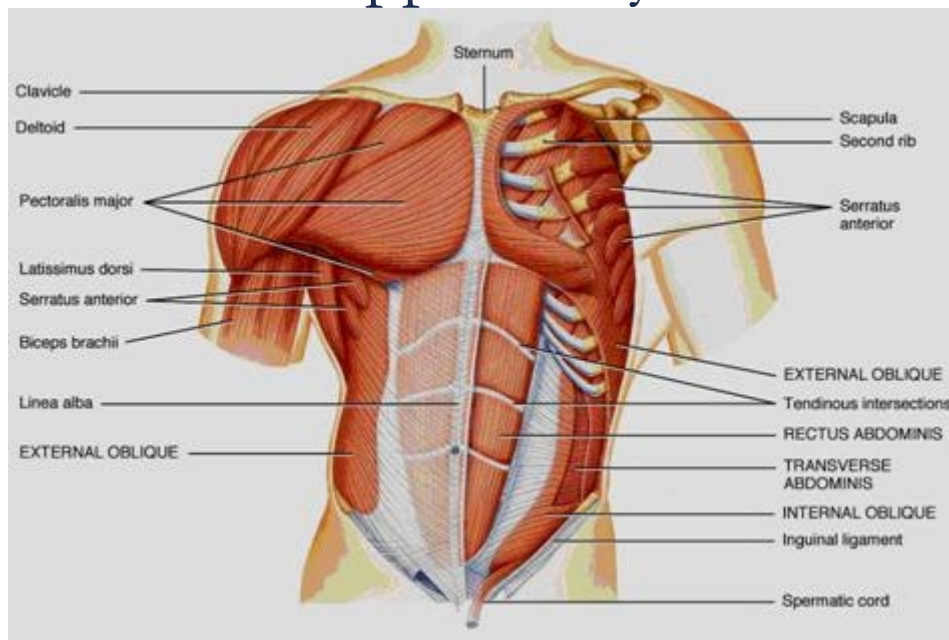




# THE KING'S SCHOOL

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## Upper Body



We have included the following workouts

X2 Easy

X2 Medium

X1 Hard

Further workouts can be found at [darebee.com](https://darebee.com)

# Upper Body - Easy

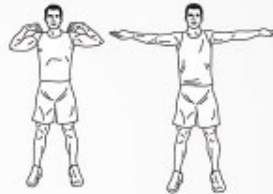
## NO-EQUIPMENT BICEPS

DAREBEE WORKOUT © darebee.com

no rest between exercises



**10** push-up shoulder taps  
**x 3 sets** in total  
20 seconds rest between sets



**40** side bicep extensions  
**x 3 sets** in total  
20 seconds rest between sets

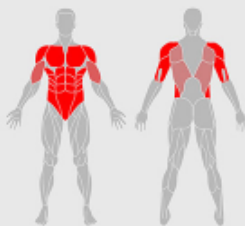


**20** shoulder taps  
**x 3 sets** in total  
20 seconds rest between sets



**40** standing shoulder taps  
**x 3 sets** in total  
20 seconds rest between sets

WHAT IT WORKS



FOCUS



Upper Body

TYPE

Strength  
Tone

DIFFICULTY



suitable  
for beginners

Working the biceps doesn't always mean lifting dumbbells and hanging from overhead bars. The no-equipment Biceps workout is perfect for those days when all you have is a little space, a little time and yourself. Plus, it is the perfect workout for those beginning to work on their bicep strength after injury or a long lay-off. Add EC and it can become quite the challenge.

**Extra Credit:** 4 sets each exercises.



# Upper Body - Easy

## BRAVE NEW ME

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



20 plank rotations



20 punches



20 shoulder taps

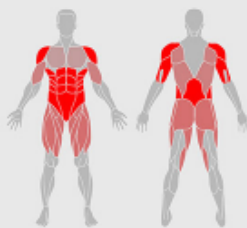


20 plank leg raises



20 shoulder taps

WHAT IT WORKS



FOCUS



Upper Body

TYPE

Strength  
Tone

DIFFICULTY



suitable  
for beginners

Because we no longer swing from the trees in the middle of the jungle developing upper body strength challenges us. This is where the Brave New Me workout steps in. Looking deceptively easy it challenges upper body muscles, core, back and abs to produce a workout your body will definitely feel.

**Extra Credit:** 1 minute rest between sets.



# Upper Body - Medium

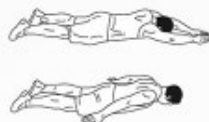
## TOTAL UPPERBODY

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

2 minutes rest between exercises



**10** push-ups  
**x 5 sets** in total  
20 seconds rest  
between sets



**10** reverse angels  
**x 3 sets** in total  
20 seconds rest  
between sets



**10** plank rotations  
**x 5 sets** in total  
20 seconds rest  
between sets



**50** punches  
**x 5 sets** in total  
20 seconds rest  
between sets

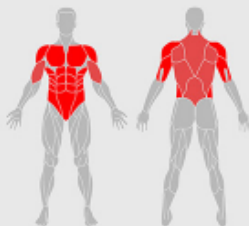


**50** overhead punches  
**x 5 sets** in total  
20 seconds rest  
between sets



**50** raised arm circles  
**x 5 sets** in total  
20 seconds rest  
between sets

WHAT IT WORKS



FOCUS



Upper Body

TYPE

Strength  
Tone

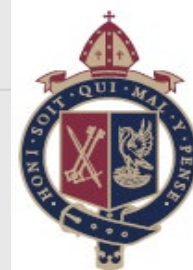
DIFFICULTY



suitable  
for beginners

When it comes to upper body work you don't want to hold back. The Total Upperbody Workout helps you train all the major upper body muscle groups in one relatively quick, focused workout. Add EC and you will also feel the benefits in terms of forcing your body to speed up recovery time.

**Extra Credit:** 1 minute rest between sets.



LOAD

# Upper Body - Medium

# MONSTER HUNTER

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

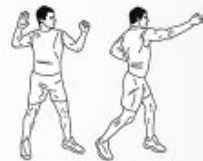
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 shoulder taps



6 raised leg push-ups



20 knife-hand strikes



6 plank crunches

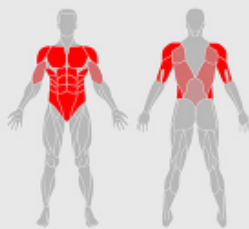


6 plank rotations



20 W-extensions

WHAT IT WORKS



FOCUS



Upper Body

TYPE

Strength  
Tone

DIFFICULTY



suitable  
for beginners

Upper body power, to express itself, requires two key components: A. Upper body strength and B. Great core and tendons linking the upper body to the lower body. As it happens the Monster Hunter workout delivers on both of these fronts which is why if you do go hunting monsters, you will be glad you've trained this way first.

**Extra Credit:** 1 minute rest between sets.



# Upper Body - Hard

## RED REAPER

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



15 push-ups



30 shoulder taps



15 push-ups



15-count plank hold

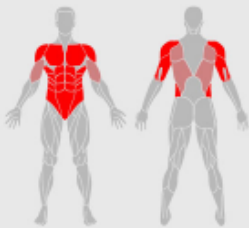


30 plank side crunches



15-count plank hold

WHAT IT WORKS



FOCUS



Upper Body

TYPE

Strength  
Tone

DIFFICULTY



✘ not suitable  
for beginners

Chisel your upper-body strength and reinforce your core, become harder to kill with the Red Reaper Workout. Keep your body straight, tighten up your abs, take a deep breath - and dive in!

**Extra Credit:** Keep the plank throughout.







# THE KING'S SCHOOL

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## Full Body



*Image via [James' P.E. Class](#)*

We have included the following workouts

X2 Easy

X2 Medium

X1 Hard

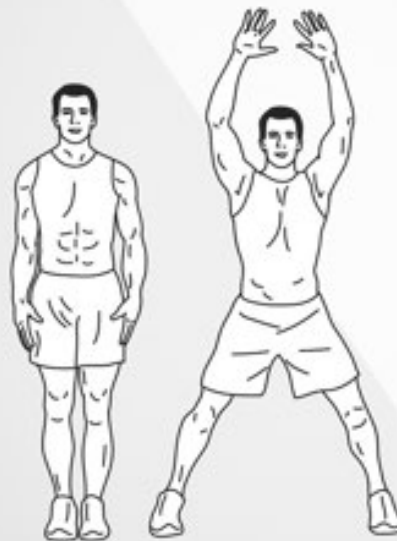
Further workouts can be found at [darebee.com](https://www.darebee.com)

# Full Body - Easy

# JACKS PYRAMID

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



LOW IMPACT  
ALTERNATIVE  
STEP JACKS

10 jumping jacks

10-count rest

15 jumping jacks

10-count rest

20 jumping jacks

10-count rest

25 jumping jacks

10-count rest

20 jumping jacks

10-count rest

15 jumping jacks

10-count rest

10 jumping jacks

- TIMER

- SETS

WHAT IT WORKS



FOCUS



Cardiovascular System,  
Aerobic Performance  
(VO<sub>2</sub> Max)

TYPE

High Burn  
Streamline

DIFFICULTY



suitable  
for beginners

Some workouts are just designed to put emphasis on "work". Without work there can be no change. Without change there can be no improvement. And improvement there shall be with the Jacks Pyramid workout. 'Nuff said.

**Extra Credit:** 30 seconds rest between sets.



# Full Body - Easy

# 24

DAREBEE WORKOUT  
© darebee.com

YOU HAVE 24HRS  
TO COMPLETE YOUR MISSION



HIGH KNEES  
120



PUSH-UPS  
60



CLIMBERS  
120



SIT-UPS  
60



SITTING TWISTS  
120



SQUATS  
120

WHAT IT WORKS



FOCUS

Full Body

TYPE

Strength  
Tone

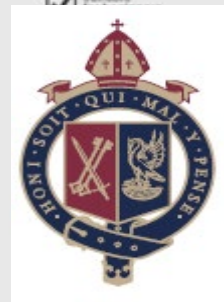
DIFFICULTY



suitable

Complete everything until 24hrs are up. Split the reps throughout the day.

**Extra Credit:** Do everything in one workout.



# Full Body - Medium

## COORDINATOR

DAREBEE WORKOUT © darebee.com



8 lunge twists



8 balance side lunges



8 balance swings



8 alt arm/leg raises



8 plank knee-to-elbows



8 side plank knee-to-elbow



8 forward/back taps



8 dead bugs



8 cross reach sit-ups

WHAT IT WORKS



FOCUS

Wellbeing

TYPE

General  
Fitness

streamline  
functional strength

DIFFICULTY



suitable  
for beginners

The body is an instrument you need to learn to use well. Coordinator helps here because it targets the parts of the body most other types of exercise ignore. Use it regularly as part of the training you do on days when you dial-down the intensity and you will find that it will help unlock the raw power hidden in your muscles. EC, of course, is a must.

**Extra Credit:** Keep your balance throughout the circuit.



# Full Body - Medium

# Total Body

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

30 seconds rest between sets - 2 minutes rest between exercises



10 squats x 4 sets



10 lunges x 4 sets



10 calf raises x 4 sets



20 shoulder taps x 4 sets



5 push-ups x 4 sets



10 prone reverse flys x 4 sets



20 flutter kicks x 4 sets



10 side bridges x 4 sets



40 side leg raises x 2 sets

- TBICR

- SETS

WHAT IT WORKS



FOCUS

Full Body

TYPE

Strength  
Tone

DIFFICULTY



suitable for beginners

Your body is where you live. It's your home. You make it as strong, secure and healthy as possible. This no-equipment, Total Body workout is here to help you do just that. It targets all the major muscle groups. It increases the load from one set to the next, as fatigue builds up, and recruits additional muscles. It gets your cardiovascular system working, enhancing vascular health and it tests your body's capability to replenish adenosine triphosphate (ATP) as you progress through each level. Particularly true if you add EC. You want to add it now, right?

**Extra Credit:** 5 sets each.



# Full Body - Hard

## STAMINA BUILDER

DAREBEE WORKOUT © darebee.com



3min high knees



3min calf raises



3min wall-sit



3min elbow plank hold



3min punches



3min raised arm hold

- TIME

WHAT IT WORKS



FOCUS

Full Body

TYPE

Strength  
Tone

DIFFICULTY



✘ not suitable  
for beginners

Building stamina takes perseverance which, in a way, is like saying it takes stamina to build up stamina. The Stamina Builder workout is exactly that. There are specific things to watch for here: Intensity (it shouldn't change throughout each 3 min period). Form (try and maintain as close to perfect form as you can - on wall sit, for example, your legs have to be at 90 degrees), Pace (go through each set at an even pace that maintains intensity. Do not give your all in one exercise and then flake out in the next). EC is your goal here. Really.

**Extra Credit:** Last full 3 minutes each time.



# Example Cool Down

These cool downs focus on mobility and flexibility, it should help to ensure you do not get too sore following on from your main session

# REST & REC

DAREBEE  
RECOVERY  
WORKOUT  
© darebee.com



**40** knee-ins



**10** back stretch #1



**10** back stretch #2



**40** knee rolls




**10** butterfly stretch



**10** forward fold

WHAT IT WORKS



**FOCUS**

Lower Body


**TYPE**

Stretching

**DIFFICULTY**

perfect for beginners

Res & Rec is a deceptively named workout, at least as far as the first part of its name is concerned. The exercises target tendons and support muscle groups that are not normally targeted during regular workouts. As such it helps to build up a good sense of body control. Do not neglect to add this workout to the arsenal of body modification ones you have already. (You *do* have a list, right?).



# upperbody stretch

by DAREBEE @ [darebee.com](https://darebee.com)  
20 seconds each exercise.



neck stretches



shoulder stretches



tricep stretches



back & shoulders stretches

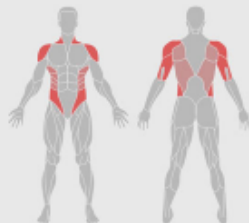


side bends



torso rotations

WHAT IT WORKS



FOCUS

Wellbeing

TYPE

Stretching

DIFFICULTY



perfect for beginners

The upperbody stretch targets all of the trunk from the waist up, helping activate muscles that are tired by office life. Performed as part of your daily fitness routine it will help you avoid that feeling of being slow and heavy in your own body.





# Create Your Own Programme

Use the table below to create your own training programme. You can select any of the exercises in this booklet. Remember to make a note of how many repetition of each exercise you complete, the number of sets you complete and the rest that you take in between sets.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Warm up						
Exercise 1:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:
Exercise 2:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:
Exercise 3:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:
Exercise 4:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:
Exercise 5:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:
Exercise 6:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:	Reps:    Sets:
Cool Down						

You should start to find the exercises easier as you complete more of your programme. You should therefore be looking to make progress over the six weeks. In order to continue to make progress you will need to make the training programme more difficult. To do this you can:

- Increase the Number of Repetitions in a set
- Increase the Total Number of sets completed
- Decrease the Rest Time bet