

FITNESS AND WORKOUT EXERCISES



spring 2020

PORTFOLIO

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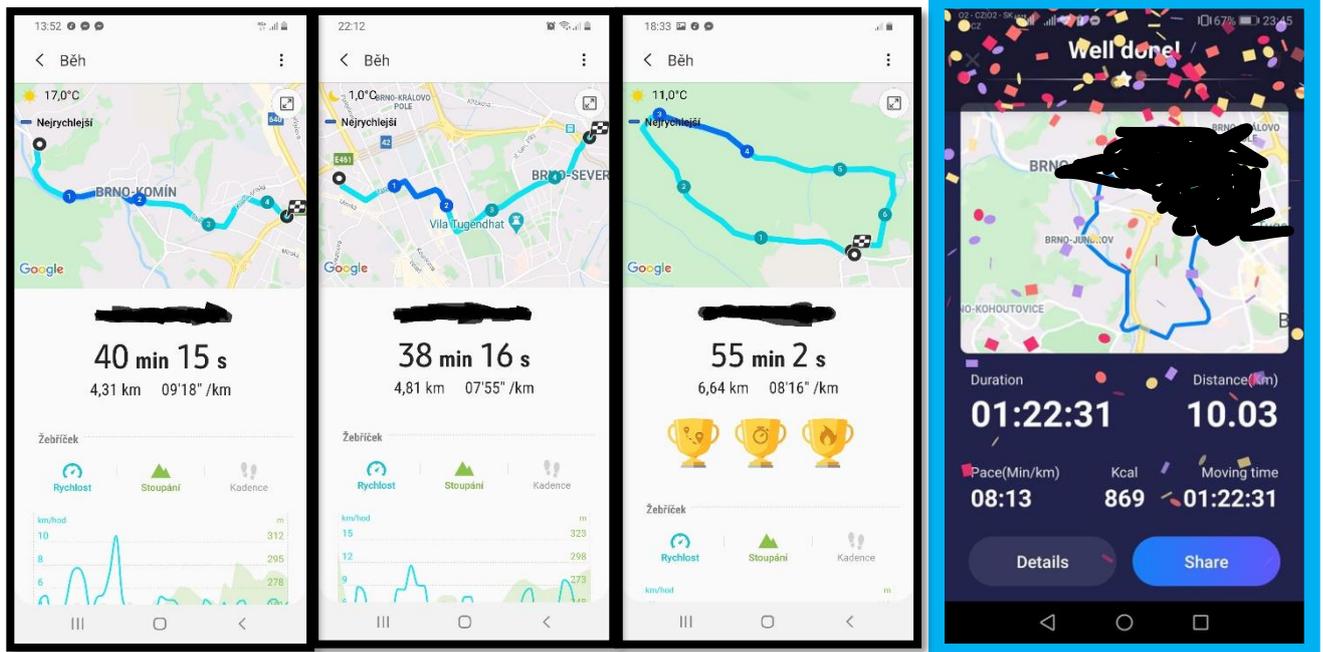
1. Documented physical activity during state of emergency

These print-screened pictures are used for my own monitoring of physical activity, not only during state of emergency instead of visiting the gym. Mostly chosen workouts were running and cycling, but also twice roller-blading and home workouts together with videos available on youtube.

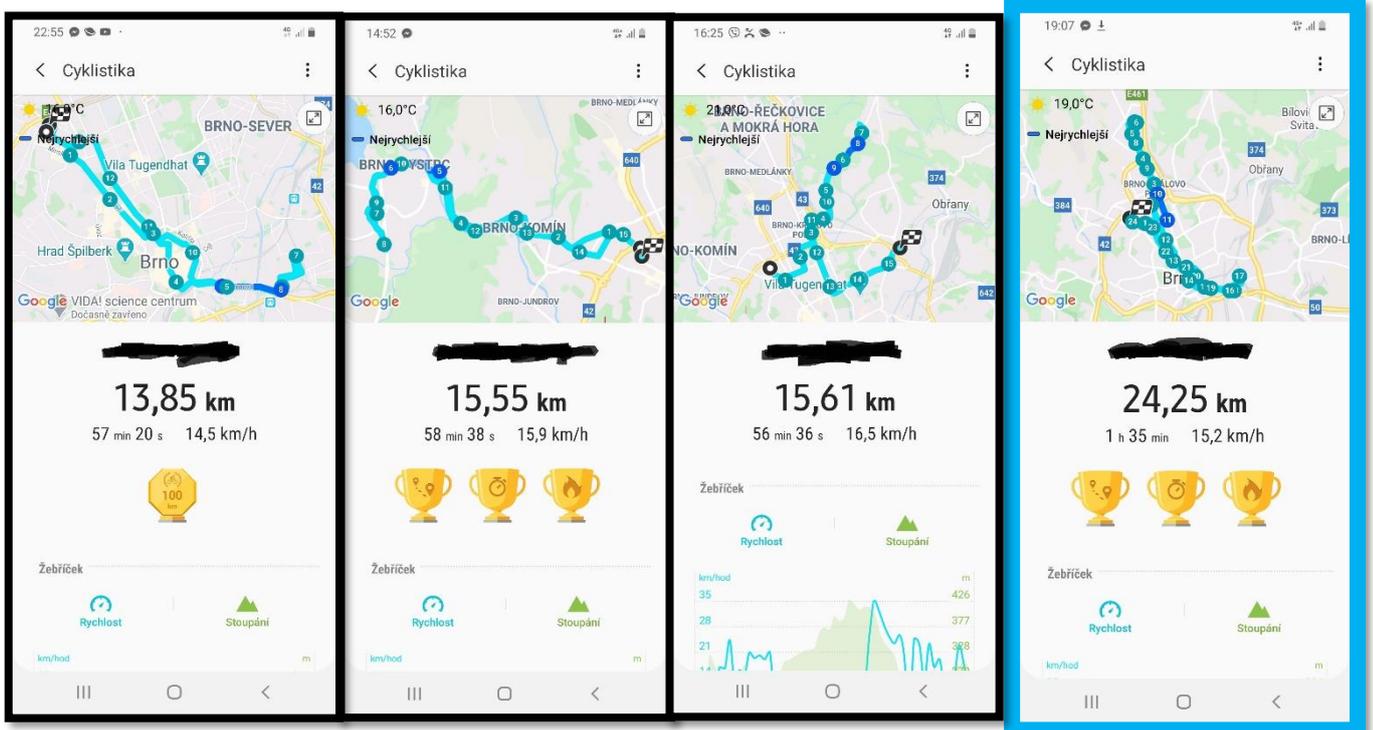
Used apps: Samsung Health, Map Runner (Leap Fitness)

SAMPLES:

1.1 Running



1.2 Cycling



1.3 "Youtube" exercises

a) Group HIIT

Today's Workout:

- Jumping Jack
- Jump Squat
- Ice Skater
- Squat with Calf Raise
- Sprinter Crunch
- In and Out
- Mountain Climber
- Slow Bicycle
- Plank
- Pendulum Lunge

20s exercise, 10s rest / 30s exercise, 15s rest / 40s exercise, 20s rest / 60s exercise, 30s rest mix
3 Rounds

#hit #cardio #homeworkout
27 min Killer Cardio & Ab Workout with No Equipment - Home Workout

b) Abs Workout

8 Min Abs Workout
www.passion4profession.net

8 Min Abs Workout, how to have six pack (HD Version)

2. Workout plan – colloquy

Plan formed for exercising at home during quarantine.

My used tools:

Gym mat



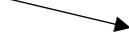
Resistance bands

I use these ones; green is 15 kg, yellow 25 kg.



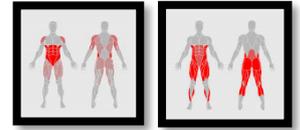
The green band at home, the yellow band at workout playgrounds.

Jump rope



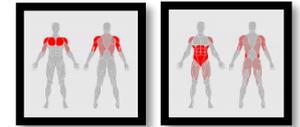
Monday:

Mobilization of the body – 10 mins jump rope
Core: 3x15 Wood Chop – Side Bend – Crunch – Mountain Climber
Lower: 3x12 Squat – Deadlift – Bridge – Hip Abduction
-repeat 2 more times-
Stretching 10-15 mins



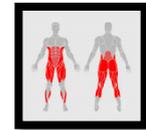
Tuesday:

Mobilization of the body – 10 mins running together with jumping jacks
Upper: 3x12 Pushup – Row – Upright Row – Bicep Curl – Tricep Extension
Core: 3x15 Band Russian Twist – Knee Pull – Side V – Oblique Crunch
Upper: 3x12 Shoulder External Rotation - Wall Lateral Pulldown
-repeat 2 more times-
Stretching 10-15 mins



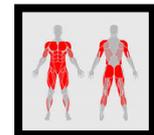
Wednesday:

Mobilization of the body – 10 mins jump rope
Lower: 3x12 Fire Hydrant – Donkey Kick – Side Planks Leg Lifts
-break-
Lower: 3x12 High Planks Leg Lifts – Squat with Side Raise – Jump Squat
-repeat 1 more time-
Stretching 10-15 mins



Thursday:

Full body workout - 30 s exercise, 15 s rest – repeat 3 times
<ul style="list-style-type: none"> - Jumping Jacks - Jump Squat - Ice Skater - Squat with Calf Rise - Sprinter Crunch - In and Out - Mountain Climber - Slow Bicycle - Plank - Pendulum Lunge
Stretching 15-20 mins



Friday:

Mobilization of the body – 10 mins running together with jumping jacks
Core: 3x15 Torso Twist – Lateral Raise - Crunch
Upper: 3x12 Bicep Curl – Shoulder Press – Front Raise
Core: 3x15 Plank – Bicycle Crunch – Horizontal Scissors
Upper: repeat
-repeat 1 more time-
Stretching 10-15 mins

