



**Curzon Ashton
Community Foundation
+
0161 Community Gym**

**Fitness and staying
healthy activities**



Basic tips/points for starting a healthy diet

- Smoothies and soups alike are very easy to make and can be nutrient rich, also when you make a large amount you can always freeze the rest for another time.
- Eating healthy doesn't need to be expensive and don't buy into the fitness industry fads of needing protein shakes and all these fancy supplements, all can be found in food, be sure to mix it up with proteins carbs and calories
- Daily replacements, start off making small steps and enjoying the healthy eating journey, cut down on sweets, fizzy drinks and processed food. If you feel thirsty opt for water, cordial or a small glass of milk, if you feel peckish have some fruit (dried or fresh), some nuts or some nut spread on a slice of bread. Switch from white bread to brown.
- The key to health eating is all about moderation, don't be too strict and harsh on yourself, make small changes daily. Cheat days or cheat meals are allowed, and always remember any body changes you make start in the kitchen.

Protein sources (repair muscles)		
Food	Protein (g)	Notes
100g tin of beans 	9.7	A tin of beans has the same amount of protein as most 'protein shakes' and has the dietary fibre to allow the body to digest the protein. Heinz five beans provide a wider range of beans.
145g tin of tuna 	23.5	Fish is great source of protein and has the amino acids to repair muscles and improve recovery.
Eggs 	6	Eggs are great, you can eat them alone boiled, fried or scrambled, or you can add them to dishes to bulk it up.
<p>Carbs (Where we get our energy)</p> <p>Eat your Veg...</p> <p>Spinach, lettuce, broccoli, cabbage cauliflower</p> <p>Berries also provide good carbs and sweeter fruits though should be eaten sometimes as they are high in natural sugar.</p> <p>Starchy veg such as sweet and normal potatoes, squash, corn.</p> <p>Grains, cereals, pasta and rice all provide use with carbs (energy).</p>	<p>You can eat carbs alone or mix your veg into dishes to get extra energy, for days of strenuous exercise be sure to stock up your body resources with carb rich meals.</p>	  

Daily stretch / pose routine

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

Hold each pose for 60 seconds, nice and balanced therefore activating the muscle groups.

Complete all ideally though I've broken it down into 3 sections to mix up depends on time.

Section A

Lunge with twist
Laying down knee to chest
90/90 stretch
Reclining angle bound
Piriformis stretch
Lunge
Wide angle forward pose
Sumo squat push knees out with elbows

Section B

Child's pose
Cat pose
Reverse prayer
Downward dog
Low lunge hands clasped behind
Sphinx pose

Section C

Boat pose
Low plank
High plank
Chair pose
Staff pose
4-limb staff pose
Crow

We know there will be many new stretches in there for people, if you don't know what one of the stretches looks like check out www.0161community.com/gym for instructions or have a quick check on YouTube.

Spell your name and do the workout!

Try doing your name, and if that's too easy, add in your middle and last names. Then if you want to try doing some more of the other exercises, try other members of your families names as well, mix it up as much as possible. Check www.0161community.com/gym for advice on how to complete the exercises if unsure.

A - x5 press ups

B - x10 star jumps

C - x20 high knees

D - x5 squats

E - x6 jumping lunges

F - x10 burpees

G - x10 sit ups

H - x10 mountain climbers

I - Left right straight punches x30 secs

J - Jog on the spot x30 secs

K - 10 leg raises

L - Arm circles x30 secs

M - Wall sit x20 secs

N - x10 squats

O - Plank x60 seconds

P - x10 side step lunge

Q - x10 Russian twists

R - x30 star jumps

S - x15 bridge lifts

T - x10 calf raises

U - x20 step ups

V - x6 ankle taps

W - x16 heel flicks

X - x5 sumo squats

Y - x10 seated knee tucks

Z - x6 side to side jumping squats



Hello
my name is

NHS Workout

In solidarity with our amazing workers in the NHS we will split this workout into three sections. N, H and S the rep range will be what position each letter is in the alphabet. Check www.0161community.com/gym for advice on how to complete the exercises if unsure.

N - this will consist of 14 reps

Jumping wide to narrow squats

Jumping lunges

Side lunges

Star jumps

20s rest, hand washing time

H - this will consist of 8 reps

Press ups

Pile squats

Leg raises

High to low plank

20s rest, hand washing time

S - this will consist of 19 reps

Burpees

Crunches

Heel flicks

Jumping knee tucks



Various challenges and exercises

It's a race!

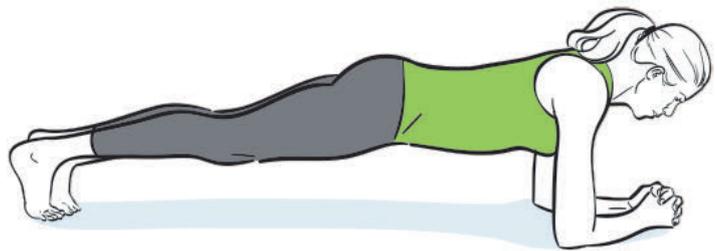
Complete this circuit as fast as you can and post your time, full reps, good form, no cheating!

- 10 burpees
- 10 star jumps
- 10 jumping lunges
- 5 wide press ups
- 5 normal press ups
- 5 narrow press ups
- 5 leg raises
- 5 crunches
- 10 mountain climbers

Rest as you want, but remember it's a race for the best time!

Low Plank Challenge

Body straight.
Hips engaged.
How long can you do?



Keep trying and keep going, try and do a little more each time!

How many sets can you do 100 squats in?

Rules:

Squats must be continuous, if you rest it's a new set.
Hands / arms must be stretched out in front.
Full squats down to a 90 degree angle and back up.

Can you do it one? Keep trying!

Skipping rope workout

Skipping is a fantastic method for training power, speed and endurance, with key benefits for ankle, pelvic and knee stability is one of the most efficient exercises out there for getting healthy. Try this seven day plan to build up your endurance with the rope and see what you can achieve!

Day 1

Skip for as long as you can, rest for 60 seconds, repeat for 5 minutes.

Day 2

Skip for as long as you can, rest for 45 seconds, repeat for 7 minutes.

Day 3

Skip for 20 seconds, rest for 30 seconds, repeat for 5 minutes.

Day 4

Skip for as long as you can, rest for 45 seconds, repeat for 7 minutes.

Day 5

Skip for 30 seconds, rest for 30 seconds, repeat for 5 minutes

Day 6

Skip for 30 seconds, rest for 30 seconds, repeat for 10 minutes.

Day 7

Rest

Big workout challenge

Complete as follows, carry out each exercise consecutively resting only when specified. Check www.0161community.com/gym if you need to recap the exercises. Do what you can, push yourself and try to do more each time.

x25 Incline press up (Feet up on chair, sofa)

x25 Decline press up (Torso up chair, sofa)

x25 Tricep dips (Chair,sofa)

x5,5,5 (Wide, narrow then normal press-up)

x20 Burpees

90s rest

x25 Sumo squats

x15 Jumping lunges

x10 Lunge to high kick (left & right)

x20 Side lunge x50 Duck walk

x30 Glute bridges

x10 Split squat (left & right, rear leg on chair, stool)

90s rest

x25 Knee tucks

x25 Legs raises

x20 Russian twists

x25 Crunches

60s High plank

60s Left side plank

60s Right side plank

60s Low plank

x26 Mountain climbers

90s rest



**KEEP
PUSHING
KEEP GOING
NEVER
STOP!**

This last page is a special one, using everything from the previous pages, all that you have learnt and achieved so far, we challenge you to complete the weekly plan, can you?

Twosday Tuesday

Let's double up on exercises per set, one after the other with 60s rest between sets

10 Press ups to 10 squats x4 sets
10 Crunches to 10 leg raises x4 sets
10 Burpees to 10 star jumps x4 sets
10 Jumping lunges
10 Russian twists x4 sets

***Shredsdays Wednesday*- volume**

Focusing on intensity today blasting those fat cells

10 burpees x5sets 20s rest
60s Heel flicks on the spot x5sets 20s rest
60s High knees on the spot x5 sets 20s rest
5 Wide press ups x6 sets 20s rest
5 Narrow press ups x6 sets 20s rest
10 High jumps x3 sets 20s rest

Coresday Thursday

Core burner workout, trimming up that midsection. Circuit format do each exercises back to back as 1 circuit x3 times with 60s rest between

20 Russian twists
10 Crunches
10 Legs raises
1 Minute plank
10 Left side plank dip
10 Right side plank dip
10 Mountain climbers

Thighday Friday

Finish of the week with legs

10 body weight squats x3 sets 60s rest
10 lunges (each side) x3 sets 60s rest
10 side lunges (each side) x3 sets 60s rest
30s pulsing squat x4 sets 30s rest
10 Jumping squats x3 sets 60s rest
60s wall squat hold x3 30s rest

Napaday Saturday and Doneday Sunday are rest days, it's important we allow time for recovery and growth Again if you are struggling with any exercises check www.0161community.com/gym for advice and help.

This booklet isn't about showing off, or a competition, we all learn and train in our own way and we hope this can be helpful as a guide to learn new things, to keep fit and keep healthy during this difficult time.

These training exercises should act as a guideline, we encourage you to make alterations and changes that suit you and satisfy your individual goals. Any training should never be treated with a one shoe fits all approach, programmes vary and goals differ, however, when we push our boundaries and step outside our comfort zone is when we improve.

0161 Community Gym is a working class local gym that runs fitness and martial arts classes throughout Greater Manchester. We work towards a comfortable space for all, no bad attitudes and a place that we can grow and train together. We are part of the 0161 Community group that seeks to empower the unheard and provide all with skills, guidance, confidence and to promote a healthy and positive lifestyle.

www.0161community.com
Facebook - 0161 Community Gym
Instagram - 0161 Community Gym

Curzon Ashton Community Foundation are the charitable foundation associated to CAFC. We use football as the tool for further community engagement and aim to break down all barriers to participation, eliminating social exclusion and social isolation as a result. We pride ourselves on being fully inclusive - working with the whole community to increase physical and mental wellbeing - inclusive football at its best.

<http://www.curzonashtoncommunityfoundation.co.uk/home>
Twitter - <https://mobile.twitter.com/curzonashtoncf>



