

HEALTH | MIND | FITNESS



PHYSICAL ACTIVITY SELF-HELP BOOKLET

Created by Fiyory, a qualified personal trainer.

Designed to help you keep active wherever you are. These can be done at HOME or anywhere else, alone or with a training buddy.

Disclaimer: Please take care when doing any of these activities. If you have any health concerns or injuries please consult with your GP before doing any of these exercises.

CONTENT PAGE

pages

10 min AMRAP explained	1
AMRAP tips	2
30 day challenge rules	3
30 day walking challenge	4
30 day beginner jogging challenge	5
30 day advanced jogging challenge	6
AMRAP beginner full body & videos	7-8
AMRAP advanced full body & videos	9-10
AMRAP lower body & videos	11-12
AMRAP advanced lower body & videos	13-14
AMRAP beginner abs & videos	15-16
AMRAP abs & videos	17-18
AMRAP advanced abs & videos	19-20
10 min AMRAP 5 day challenges	21-28
30 day calendar template	29
Plank example pictures	30

AMRAP

- AMRAP stands for As Many Rounds As Possible
- The aim is to complete a set (round) and repeat it as many times as you can within a given time, for this booklet it will be **10 minutes**

Example: 10 squats, 10 lunges, 10 hip bridges = 1 set

- It is up to you how many rest breaks you take within these 10 minutes

If you are unfamiliar with any of the exercises, we have **videos** on the following **Instagram pages**

@up_running_heron , **@pt_fiyory** and YouTube page

HERON. All the videos below are hyperlinked. Click on

them and they will send you to the YouTube page.

You will also be able to find examples of these exercises on Google.

AMRAP TIPS

- You could easily change these to be longer or shorter than 10 minutes to suit your needs.

- Feel free to mix and match exercises from different challenges to create a challenge that suits you best! All the exercises can be done at **home, outside or in the gym.**

- You can make these exercises harder by adding resistance or weights using anything like water bottles or resistant bands if you have some, feel free to be creative!

- Some of these exercises may require you to use an elevated surface such as sofa, bed or chair.

30 day challenge rules

- The goal is to reach your overall minutes of your selected exercise per day, e.g. walk/jog

- Have as many breaks as you need within each day.

For example if the goal is to jog 5 minutes you could:

jog 5 minutes straight

or

walk 1 minute then jog 1 minute and repeat until
you've jogged for 5 minutes overall

30 day walking challenge




Walking is a great way to stay physically active, why not build up the habit starting with a 5 minute walk.

Whether walking outdoors or in the house, it's a great way to get active.

 Day 1: 5 minutes	 Day 2: 6 minutes	 Day 3: 7 minutes	 Day 4: 8 minutes	 Day 5: 9 minutes
 Day 6: 10 minutes	 Day 7: 11 minutes	 Day 8: 12 minutes	 Day 9: 13 minutes	 Day 10: 14 minutes
 Day 11: 15 minutes	 Day 12: 16 minutes	 Day 13: 17 minutes	 Day 14: 18 minutes	 Day 15: 19 minutes
 Day 16: 20 minutes	 Day 17: 21 minutes	 Day 18: 22 minutes	 Day 19: 23 minutes	 Day 20: 24 minutes
 Day 21: 25 minutes	 Day 22: 26 minutes	 Day 23: 27 minutes	 Day 24: 28 minutes	 Day 25: 29 minutes
 Day 26: 30 minutes	 Day 27: 31 minutes	 Day 28: 32 minutes	 Day 29: 33 minutes	 Day 30: 34 minutes

30 day beginner jogging challenge

Finding it difficult to be physically active? Why not try this challenge, it will get you active gradually, increasing by 1 minute every 2 days.

 Day 1 5 minutes	 Day 2 5 minutes	 Day 3 REST	 Day 4 6 minutes	 Day 5 6 minutes
 Day 11 Rest	 Day 7 7 minutes	 Day 8 7 minutes	 Day 9 REST	 Day 10 8 minutes
 Day 1 8 minutes	 Day 12 REST	 Day 13 9 minutes	 Day 14 9 minutes	 Day 15 REST
 Day 16 10 minutes	 Day 17 10 Minutes	 Day 18 REST	 Day 19 11 minutes	 Day 20 11 minutes
 Day 21 REST	 Day 22 12 minutes	 Day 23 12 minutes	 Day 24 REST	 Day 25 13 minutes
 Day 26 13 minutes	 Day 27 REST	 Day 28 14 minutes	 Day 29 14 minutes	 Day 30 REST

30 day advanced jogging challenge

Finding it difficult to be physically active? Why not try this challenge, it will get you active gradually, increasing by 1 minute every day until day 15, then it increases every 2 days

 Day 1 10 minutes	 Day 2 11 minutes	 Day 3 REST	 Day 4 12 minutes	 Day 5 13 minutes
 Day 6 REST	 Day 7 14 minutes	 Day 8 15 minutes	 Day 9 REST	 Day 10 16 minutes
 Day 11 17 minutes	 Day 12 REST	 Day 13 18 minutes	 Day 14 19 minutes	 Day 15 REST
 Day 16 20 minutes	 Day 17 20 minutes	 Day 18 REST	 Day 19 21 minutes	 Day 20 21 minutes
 Day 21 REST	 Day 22 22 minutes	 Day 23 22 minutes	 Day 24 REST	 Day 25 23 minutes
 Day 26 23 minutes	 Day 27 REST	 Day 28 24 minutes	 Day 29 24 minutes	 Day 30 REST

10 MINUTE AS MANY ROUNDS AS POSSIBLE BEGINNER FULL BODY

Pick one set and complete it in 10 minutes

SET 1

10 BODY
WEIGHT
SQUATS

10 FORWARD
LUNGES

10 SECOND
KNEELING
PLANK

SET 2

5 KNEELING
PUSH UPS

5 STAR JUMPS

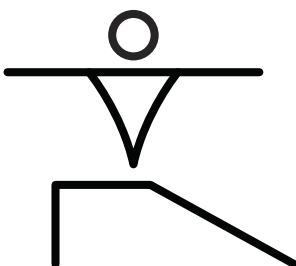
5 SIT UPS

SET 3

10 REVERSE
LUNGES

10 HIP
BRIDGES

10 SECOND
KNEELING
SIDE PLANK





BODY WEIGHT SQUAT



STAR JUMPS



FORWARD LUNGE



SIT UP



KNEELING PUSH UP



REVERSE LUNGE



HIP BRIDGE

10 MINUTE AS MANY ROUNDS AS POSSIBLE ADVANCED FULL BODY

Pick one set and complete it in 10 minutes

SET 1

10 SUMO
SQUATS

10 CURTSY
LUNGES

10 SECOND
PLANK

SET 2

5 PUSH UPS

10 STAR
JUMPS

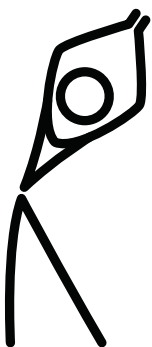
10 SIT UPS

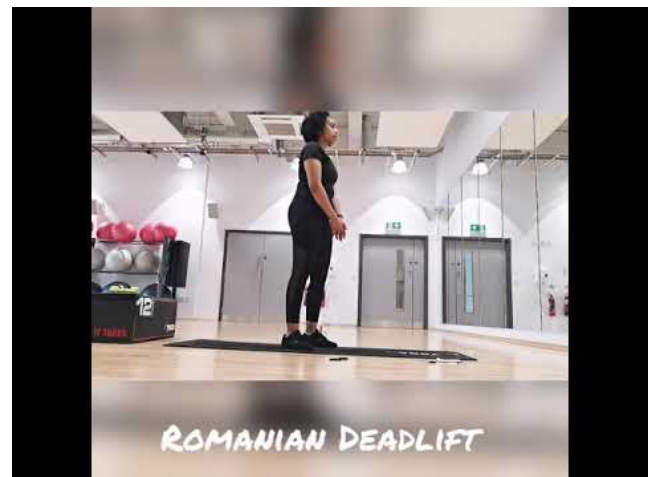
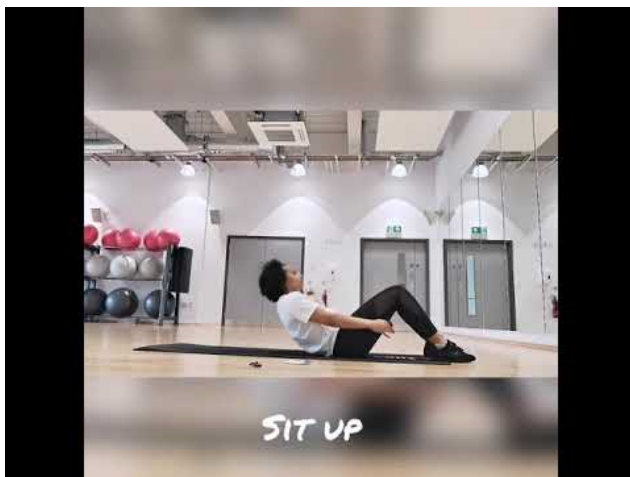
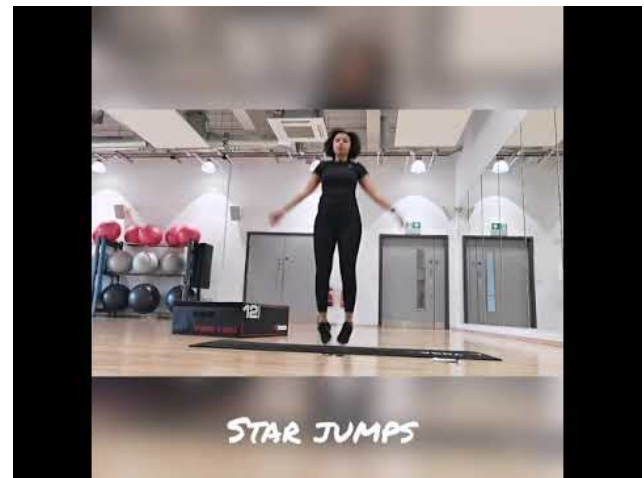
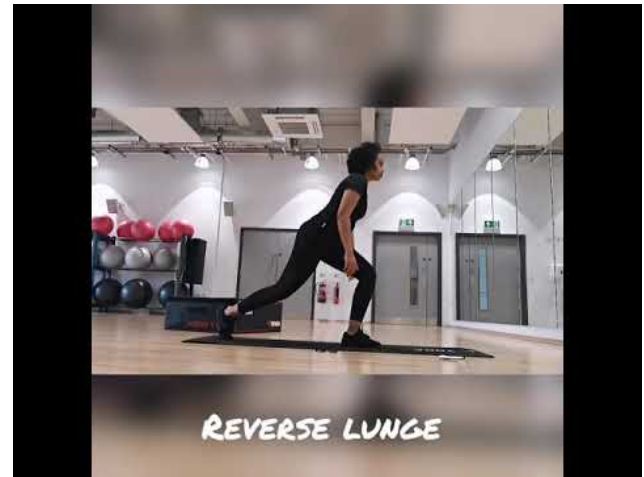
SET 3

10 REVERSE
LUNGES

10 ROMANIAN
DEADLIFT

10 SECOND
SIDE PLANK





10 MINUTE AS MANY ROUNDS AS POSSIBLE LOWER BODY

Pick one set and complete it in 10 minutes

SET 1

10 HIP
BRIDGES

10 CURTSY
LUNGES

10 SUMO
SQUATS

SET 2

15 ROMANIAN
DEADLIFT

5 PULSE
LUNGES

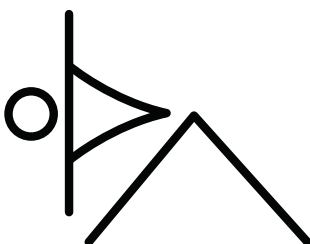
10 STEP UPS

SET 3

10 REVERSE
LUNGES

10 GOBLET
SQUATS

10 SUMO
DEADLIFTS





HIP BRIDGE



STEP UP



CURTSY LUNGE



REVERSE LUNGE



SUMO SQUAT



GOBLET SQUAT



ROMANIAN DEADLIFT



SUMO DEADLIFT



PULSE LUNGE

10 MINUTE AS MANY ROUNDS AS POSSIBLE ADVANCED LOWER BODY

Pick one set and complete it in 10 minutes

SET 1

10 FROG HIP
THRUST

10 CURTSY
LUNGES

10 SPLIT
SQUAT

SET 2

15 SINGLE LEG
DEADLIFT

10 STEP UPS

10 SUMO
DEADLIFT

SET 3

10 WALKING
LUNGES

10 GOBLET
SQUATS

10 ELEVATED
HIP THRUST





FROG HIP THRUST



SUMO DEADLIFT



CURTSY LUNGE



WALKING LUNGE



SPLIT SQUAT



GOBLET SQUAT



SINGLE LEG DEADLIFT



ELEVATED HIP THRUST



STEP UP

10 MINUTE AS MANY ROUNDS AS POSSIBLE BEGINNER AB

Pick one set and complete it in 10 minutes

SET 1

10 LEG
RAISES

10 SIT UPS

10 SECOND
KNEELING
PLANK

SET 2

15 LAYING
DOWN HEEL
TOUCHES

5 BICYCLE
KICKS

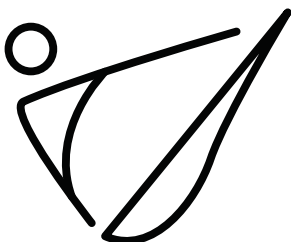
10 SECOND
KNEELING SIDE
PLANK

SET 3

10 BUTTERFLY
KICKS

10 SECOND
RUSSIAN
TWIST

10 SECOND
FULL ARM
PLANK





LEG RAISES



BICYCLE KICKS



SIT UP



BUTTERFLY KICKS



LAYING DOWN HEEL TOUCH



RUSSIAN TWIST

10 MINUTE AS MANY ROUNDS AS POSSIBLE AB

Pick one set and complete it in 10 minutes

SET 1

10 LEG
RAISES

10 SIT UPS

10 SECOND
PLANK

SET 2

15 LAYING
DOWN HEEL
TOUCHES

10 DEAD BUG

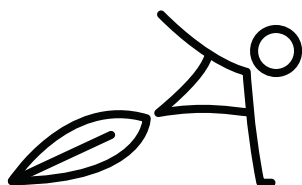
10 SECOND
REVERSE PLANK

SET 3

10 BUTTERFLY
KICKS

15 SECOND
RUSSIAN
TWIST

5 INCH WORM





LEG RAISES



BUTTERFLY KICKS



SIT UP



RUSSIAN TWIST



LAYING DOWN HEEL TOUCH



INCH WORM



DEAD BUG

10 MINUTE AS MANY ROUNDS AS POSSIBLE ADVANCED AB

Pick one set and complete it in 10 minutes

SET 1

5 BIRD DOG

10 SIT UPS

10 IN AND
OUT

SET 2

15 LAYING
DOWN HEEL
TOUCHES

10 SIDE PLANK
NEEDLE
THREAD

10 INCH WORM

SET 3

10 BUTTERFLY
KICKS

15 SECOND
ELEVATED
RUSSIAN
TWIST

5 TOE TOUCH
CRUNCH





BIRD DOG



INCH WORM



SIT UP



BUTTERFLY KICKS



IN AND OUT



ELEVATED RUSSIAN TWIST



LAYING DOWN HEEL TOUCH



TOE TOUCH CRUNCH



SIDE PLANK NEEDLE THREAD

Enjoyed the workouts so far?

**Why not try our 5 day 10
minute AMRAP challenges?**

10 MINUTE AS MANY ROUNDS AS POSSIBLE BEGINNER FULL BODY CHALLENGE

MONDAY

10 BODY
WEIGHT
SQUATS

10 FORWARD
LUNGES

10 SECOND
KNEELING
PLANK

TUESDAY

5 KNEELING
PUSH UPS

5 STAR JUMPS

5 SIT UPS

WEDNESDAY

10 REVERSE
LUNGES

10 HIP
BRIDGES

10 SECOND
KNEELING
SIDE PLANK

THURSDAY REST

FRIDAY

10 BODY
WEIGHT
SQUATS

10 FORWARD
LUNGES

10 SECOND
KNEELING
PLANK

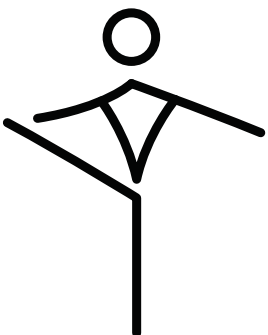
SATURDAY

5 KNEELING
PUSH UPS

5 STAR JUMPS

5 SIT UPS

SUNDAY REST



10 MINUTE AS MANY ROUNDS AS POSSIBLE ADVANCED FULL BODY CHALLENGE

MONDAY

10 SUMO
SQUATS

10 CURTSY
LUNGES

10 SECOND
PLANK

TUESDAY

5 PUSH UPS

10 STAR
JUMPS

10 SIT UPS

WEDNESDAY

10 REVERSE
LUNGES

10 ROMANIAN
DEADLIFT

10 SECOND
SIDE PLANK

THURSDAY REST

FRIDAY

10 SUMO
SQUATS

10 CURTSY
LUNGES

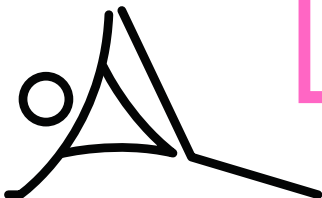
10 SECOND
PLANK

SATURDAY

5 PUSH UPS

10 STAR
JUMPS

10 SIT UPS



SUNDAY REST

10 MINUTE AS MANY ROUNDS AS POSSIBLE LOWER BODY CHALLENGE

MONDAY

10 HIP
BRIDGES

10 CURTSY
LUNGES

10 SUMO
SQUATS

TUESDAY

15 ROMANIAN
DEADLIFT

5 PULSE
LUNGES

10 STEP UPS

WEDNESDAY

10 REVERSE
LUNGES

10 GOBLET
SQUATS

10 SUMO
DEADLIFTS

THURSDAY REST

FRIDAY

10 HIP
BRIDGES

10 CURTSY
LUNGES

10 SUMO
SQUATS

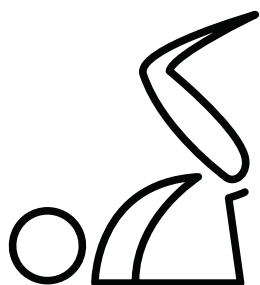
SATURDAY

15 ROMANIAN
DEADLIFT

5 PULSE
LUNGES

10 STEP UPS

SUNDAY REST



10 MINUTE AS MANY ROUNDS AS POSSIBLE ADVANCED LOWER BODY CHALLENGE

MONDAY

10 FROG HIP
THRUST

10 CURTSY
LUNGES

10 SPLIT
SQUAT

TUESDAY

15 SINGLE LEG
DEADLIFT

10 STEP UPS

10 SUMO
DEADLIFT

WEDNESDAY

10 WALKING
LUNGES

10 GOBLET
SQUATS

10 ELEVATED
HIP THRUST

THURSDAY REST

FRIDAY

10 FROG HIP
THRUST

10 CURTSY
LUNGES

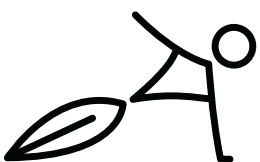
10 SPLIT
SQUAT

SATURDAY

15 SINGLE LEG
DEADLIFT

10 STEP UPS

10 SUMO
DEADLIFT



SUNDAY REST

10 MINUTE AS MANY ROUNDS AS POSSIBLE BEGINNER AB CHALLENGE

MONDAY

10 LEG
RAISES

10 SIT UPS

10 SECOND
KNEELING
PLANK

TUESDAY

15 LAYING
DOWN HEEL
TOUCHES

5 BICYCLE
KICKS

10 SECOND
KNEELING SIDE
PLANK

WEDNESDAY

10 BUTTERFLY
KICKS

10 SECOND
RUSSIAN
TWIST

10 SECOND
FULL ARM
PLANK

THURSDAY REST

FRIDAY

10 LEG
RAISES

10 SIT UPS

10 SECOND
KNEELING
PLANK

SATURDAY

15 LAYING
DOWN HEEL
TOUCHES

5 BICYCLE
KICKS

10 SECOND
KNEELING SIDE
PLANK

SUNDAY REST



10 MINUTE AS MANY ROUNDS AS POSSIBLE AB CHALLENGE

MONDAY

10 LEG
RAISES

10 SIT UPS

10 SECOND
PLANK

TUESDAY

15 LAYING
DOWN HEEL
TOUCHES

10 DEAD BUG

10 SECOND
REVERSE PLANK

WEDNESDAY

10 BUTTERFLY
KICKS

15 SECOND
RUSSIAN
TWIST

5 INCH WORM

THURSDAY REST

FRIDAY

10 LEG
RAISES

10 SIT UPS

10 SECOND
PLANK

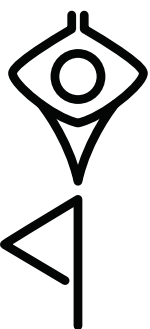
SATURDAY

15 LAYING
DOWN HEEL
TOUCHES

10 DEAD BUG

10 SECOND
REVERSE PLANK

SUNDAY REST



10 MINUTE AS MANY ROUNDS AS POSSIBLE ADVANCED AB CHALLENGE

MONDAY

5 BIRD DOG

10 SIT UPS

10 IN AND
OUT

TUESDAY

15 LAYING
DOWN HEEL
TOUCHES

10 SIDE PLANK
NEEDLE
THREAD

10 INCH WORM

WEDNESDAY

10 BUTTERFLY
KICKS

15 SECOND
ELEVATED
RUSSIAN
TWIST

5 TOE TOUCH
CRUNCH

THURSDAY REST

FRIDAY

15 LAYING
DOWN HEEL
TOUCHES

10 SIDE PLANK
NEEDLE
THREAD

10 INCH WORM

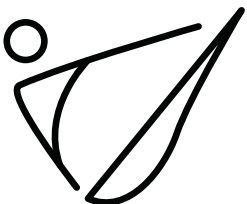
SATURDAY

5 BIRD DOG

10 SIT UPS

10 IN AND
OUT

SUNDAY REST



30 day calendar

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Plank pictures

Tip: try and keep your back as straight as possible

Beginner



Kneeling plank



Kneeling side plank



Kneeling full arm plank

Advanced



Plank



Side plank



Full arm plank



Reverse plank