

# HOME FITNESS

## Programme

### Physical section



**Exercise is crucial to stay physically and mentally healthy, and to build muscle and stamina. Here are some practical ideas that you can use as your physical activity from without any equipment.**

Remember, you need to commit an average of an hour per week to your physical activity – however that doesn't need to be an hour all in one go, particularly if you are a beginner. You don't want to overstretch yourself and cause an injury.

You can split those 60 minutes into segments to be done over the week, for example 4x 15 minutes, 3x 20 minutes, 2x 30 minutes. Whatever works best for you. If you choose to do more than the required 60 minutes for your sectional activity a week – that's amazing, keep it up!

### Circuit training

Circuit training is a combination of exercises performed with short rest periods between them for a set number of repetitions (reps) or a specific amount of time. It's a great way to improve cardiovascular fitness and strength endurance.

Here is an example of a 5-step exercise circuit. If you're new to these exercises, you might want to start slower or with fewer reps. As you build up strength and stamina, you could aim for two rounds of the circuit in a session every couple of days.

- Burpees (10 times)  
[youtube.com/watch?v=dZgVxmf6jKA](https://www.youtube.com/watch?v=dZgVxmf6jKA)
- Air Squats (30 times)  
[youtube.com/watch?v=aclHkVaku9U](https://www.youtube.com/watch?v=aclHkVaku9U)
- Plank (1 minute)  
[youtube.com/watch?v=ASdvN\\_XEI\\_c](https://www.youtube.com/watch?v=ASdvN_XEI_c)
- Dips (10 times)  
[youtube.com/watch?v=0326dy\\_-CzM](https://www.youtube.com/watch?v=0326dy_-CzM)
- Elevated Pike Pushups (10 times)  
[youtube.com/watch?v=Xvdc47Ywnkg](https://www.youtube.com/watch?v=Xvdc47Ywnkg)
- Repeat!
- Take 10 seconds rest between each exercise (but could be longer as a beginner)
- Take 30 seconds rest after one full circuit (but could be longer as a beginner)

You can find lots of alternative circuits online, or you can create your own if that works better for you. The key is to commit yourself to improving and to build on what you have done.



**YOUTH  
WITHOUT  
LIMITS**



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### App-based fitness programmes

There are many app-based fitness programmes and apps that can monitor your daily activity levels. We've listed a few below but there are many others – speak to your Assessor or DofE Leader if you want to see whether a particular app-based programme will meet the sectional requirements.

Make sure that you track your progress and upload evidence to eDofE.

### Couch to 5k App

A running programme for absolute beginners, this is a popular activity for all ages. The app is free, gives you a choice of motivational trainers, tracks your runs, and works with your phone or music player.

[More information and links to download on the NHS website.](#)

### Joe Wicks – The Body Coach App

The Body Coach app offers weekly live workouts with Joe Wicks, who became very well-known in 2020 for his daily workouts during lockdown. This app has a cost associated with it.

[More information and links to download on the Body Coach website.](#)

### The Active 10 App

Walking briskly even for a few minutes can begin to improve your health and stamina. The Active 10 app records your steps and shows your achievements. You can screenshot your progress as evidence for this section.

[More information and links to download on the NHS website.](#)

### Strava App

Strava is a free app to track your walking or running routes and training goals. There are paid extra features, but you can use the free version to track your progress and upload as evidence.

[More information and links to download on the Strava website.](#)

### Evidence

Record your activities using a log, either the one below or create your own. Show how you've progressed either in intensity, weights, speed, duration etc. Be proud!



# HOME FITNESS: Programme

## Programme log

Print this page to fill in for your evidence.

Week no.	Date(s)	Activities	Time spent
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			
Week 7			
Week 8			
Week 9			
Week 10			
Week 11			
Week 12			
Week 13			

Personal review or comments on progress:

Repeat x2 for 6-month section. Repeat x4 for 12-month section.