




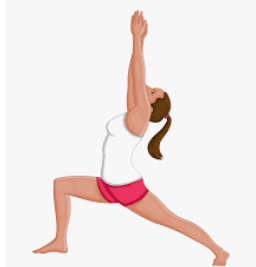


ThinkLet #5 Activity Pack: Yoga

Dr Ellie Willard and Dr Alexandria Bradley Leeds Beckett University

Your guide to a 15 minute yoga session. Work your way from positions 1- 6, then 6-1.

Position	Image Guidance	Benefits
(1) Child's pose - two variations.		This helps to stretch out the thighs, ankles and hips. It has been known to help reduce stress and fatigue whilst providing a soft back stretch. Do this for as long as feels comfortable. Guide time: 1-3 minutes.
(2) Baby cobra		This pose can help to reduce lower back stiffness, increase flexibility, invigorate the heart and elevate mood. Guide time: 5-10 deep breaths.
(3) Forearm plank		This pose can improve strength within the abs, legs and core. It can also strengthen the calves, shoulders and hamstrings. Guide time: 1 minute.
(4) Downward dog		This helps to calm the brain to relieve stress. The pose can energise the body whilst stretching the shoulders, hamstrings, calves, arches and hands. Guide time: 5-10 deep breaths.
(5) Warrior II:		The pose can strengthen legs, stretch hips and strengthen the chest. This can also improve circulation and respiration around the body. This can also support healthy digestion. Guide time: 30 seconds-1 minute.
(6) Warrior I:		This pose can support the development of concentration, balance and groundedness. This can be beneficial for anyone who has experienced hip pain, back or shoulder pain. Guide time: 30 seconds-1 minute.

ThinkLet #5 Activity Pack: HIIT Training

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High Intensity Interval Training on the Spot

Round One – Cardio (complete three rounds)

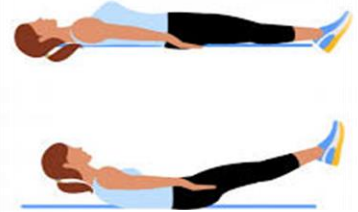
- 30 seconds jump squats
- 30 seconds squat hold
- 30 seconds static lunges (front and back lunges on the spot)



Lunges

Round Two – Abs (complete three rounds)

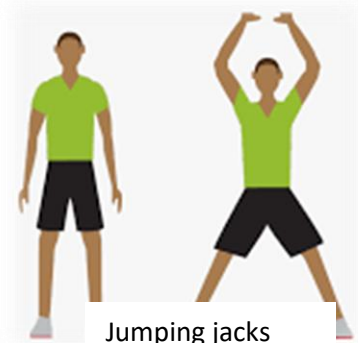
- 60 second plank hold
- 60 second seated leg lifts: Sit tall against a wall with your legs extended in front. Contract your core as you lift one leg at a time.
- 60 second hollow body hold: Lie down flat on your back and contract the abs, pulling your belly button towards the floor. The arms and legs should be held straight out from the body with hands and toes pointed. Slowly raise shoulders and legs from the ground. Tuck your chin in and hold.



Hollow body hold

Round Three – Finisher (complete three rounds)

- 60 second jumping jacks
- 60 second sprint on the spot
- 60 second press ups



Jumping jacks