

Covid-19: 30 Day Fitness Survival kit

In the midst of a growing pandemic, maintaining our fitness and overall health is more important than ever. Working out is not only good for your body for obvious reasons, but also your mind. During this state of emergency we are bombarded by plenty of things that may cause stress, fear and anxiety. While not a substitute for seeking mental health counseling, being active is scientifically proven self-treatment to help alleviate those factors.

Just a few short weeks ago, it was easy for us to get up and to the gym, CrossFit box, yoga studio etc. in order to get in some activity as well as a sense of community. Social distancing has put all of those options on pause until we figure out more about the Covid-19 virus. So now it's up to us to figure out how to get some activity in while making sure we are doing our part to prevent the spread of disease. I've created a few brutally simple yet effective workouts for you all to use as a guide to get active while being vigilant.

On the next few pages you will see all of the movements and protocol needed to execute this program. The only thing you will need is space, a timer, and access to YouTube. All of the movements are bodyweight only, the timer will tell you when to work and rest, and there is a playlist for every day of exercise on YouTube that will teach you each movement. The goal is to work for five minutes and rest for one over five rounds of four different movements during each workout. If you can execute at that pace (you may need more rest...which is totally ok), it should only take thirty minutes to get through each workout. Go at your pace though, and if you need more, please add in another thirty minutes of cardio (or start the workout over if you're crazy). Another way to further challenge yourself is to shorten your rest periods between rounds (you may need two minutes at first, try to get down to one if you can).

Remember this is meant to get you started, and hopefully inspire you to think of other creative ways to challenge yourself physically at home. You can do these workouts with a day between, or do them all twice a week if you'd like. Also feel free to add in any additional cardio you'd like but preferably after your strength training so that you can give it the proper energy. This workout also works well in small groups, just be mindful of social distancing. I hope this helps you, I know it's not what you're used to but I promise it will help keep you active until we get back to normal.

Randy

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Day 1

1. Set your timer for 5 minutes
2. Perform each movement in sets of 10 for as many rounds as possible until the timer ends
3. Rest at least one minute (you may need more...but one minute is the goal)
4. Begin the next 5 minute round
5. Repeat until you've completed all 5 rounds of exercise.

★ Videos Found on YouTube
Search Randy Aikens Fitness
Click Covid-19 Day 1 in Playlists

Round 1

Movement	Muscle group	Reps
Jumping Jack	Cardio	10
Ski Swing	Cardio	10
High knee	Cardio	10
Break down	Cardio	10

Round 2

Movement	Muscle group	Reps
Push up	Upper/Push	10
Squat	Lower	10
Swimmer	Upper/Pull	10
Jumping jack	Cardio	10

Round 3

Movement	Muscle group	Reps
Butterfly	Upper/Pull	10
Bridge	Lower	10
Wide Push up	Upper/Push	10
Break down	Cardio	10

Round 4

Movement	Muscle group	Reps
InchWorm	Core	10
Knee raise	Core	10
Rope climb	Core	10
Crunch	Core	10

Round 5

Movement	Muscle group	Reps
Frog hop	Cardio	10
Ski Swing	Cardio	10
High knee	Cardio	10
Break down	Cardio	10

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Day 2

1. Set your timer for 5 minutes
2. Perform each movement in sets of 10 for as many rounds as possible until the timer ends
3. Rest at least one minute (you may need more...but one minute is the goal)
4. Begin the next 5 minute round
5. Repeat until you've completed all 5 rounds of exercise.



Videos Found on YouTube
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Round 1

Movement	Muscle group	Reps
Frog hop	Cardio	10
Ski Swing	Cardio	10
High knee	Cardio	10
Break down	Cardio	10

Round 2

Movement	Muscle group	Reps
Scorpion	Upper/Pull	10
Squat	Lower	10
Close Pushup	Upper/Push	10
Mountain Climber	Cardio	10

Round 3

Movement	Muscle group	Reps
Wide Push up	Upper/Push	10
Squat Jump	Lower	10
Swimmer	Upper/Pull	10
Ski Swing	Cardio	10

Round 4

Movement	Muscle group	Reps
Bicycle	Core	10
Knee raise	Core	10
Plank	Core	10
Crunch	Core	10

Round 5

Movement	Muscle group	Reps
Jumping Jack	Cardio	10
Ski Swing	Cardio	10
High knee	Cardio	10
Break down	Cardio	10

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Day 3

1. Set your timer for 5 minutes
2. Perform each movement in sets of 10 for as many rounds as possible until the timer ends
3. Rest at least one minute (you may need more...but one minute is the goal)
4. Begin the next 5 minute round
5. Repeat until you've completed all 5 rounds of exercise.



Videos Found on YouTube
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Round 1

Movement	Muscle group	Reps
Jumping Jack	Cardio	10
Ski Swing	Cardio	10
High knee	Cardio	10
Break down	Cardio	10

Round 2

Movement	Muscle group	Reps
Close push up	Upper/Push	10
Bridge	Lower	10
Butterfly	Upper/Pull	10
Mountain Climber	Cardio	10

Round 3

Movement	Muscle group	Reps
Swimmer	Upper/Pull	10
Lunge	Lower	10
Push up	Upper/Push	10
Jumping jack	Cardio	10

Round 4

Movement	Muscle group	Reps
InchWorm	Core	10
Knee raise	Core	10
Rope climb	Core	10
Crunch	Core	10

Round 5

Movement	Muscle group	Reps
Frog hop	Cardio	10
Ski Swing	Cardio	10
High knee	Cardio	10
Break down	Cardio	10