

QUARANTINE SURVIVAL FOR SEAFARERS

#STAY ACTIVE

When in isolation on few square metres, it is vital to stay physically active. This is essential for your body as well as your mental health. The count down calendar is designed for you with no equipment or just few remedies such as a backpack and/or some bands and with few square meters available.

DAYS TO GO: 14

AMRAP 16 mins:
20 Glute Bridges
20 Russian Twists
20 Lunges
20 Shoulder Taps in tall plank position

DAYS TO GO: 13

EMOTM 10 mins:
7-10 Burpees
Rest 3 mins
EMOTM 10 mins: 10 Squats + 10 Jumping Lunges

DAYS TO GO: 12

7 rounds for time:
30 sec Airsquats
30 sec Push Ups
30 sec Vertical Jump overs (eg. a towel)
30 sec Sit Ups

DAYS TO GO: 11

AMRAP 20 mins:
16 Walking Plank (on elbows and hands)
8 Burpees
16 Lunges
8 Vertical Jump Overs (eg. a towel)

DAYS TO GO: 10

AMRAP 15
15 Dips
15 Backpack /Banded Rows
1 min Jog/Vertical Jump Overs

DAYS TO GO: 9

6 rounds for time:
15 Lunges
15 Airsquats
10 Burpees

DAYS TO GO: 8

AMRAP 20 mins:
20 Mountain Climbers
20 Unweighted Goodmornings
20 High Knees
20 Bicycle Crunches

DAYS TO GO: 7

EMOTM 20 mins:
First minutes 7-10 Burpees
Second minute 15-25 Airsquats
Repeat for 20 minutes

DAYS TO GO: 6

AMRAP 16 mins:
6 Broadjumps (jump 1 meter forward, turn around and jump 1 meter back)
12 Jumping Lunges
20 Jumping Jacks

DAYS TO GO: 5

AMRAP 20 mins:
2 Walkouts to Push Ups
20 sec High Knees
2 Walkouts to Puhs Ups
30 Sec Mointain Climbers
2 Walkouts
30 sec Jumping Jacks

DAYS TO GO: 4

EMOTM 20 mins:
20 Mountain Climbers
10 Vertical Jump Overs (eg. a towel)
5 Jumping Squats

DAYS TO GO: 3

8 Rounds for time:
14 Backpack Curls
14 Dips
14 Sit Ups
14 Unweighted Goodmornings

DAYS TO GO: 2

AMRAP 16 mins:
1 min Jog on spot/Run in the room
10 Push Ups
15 Backpack/ Banded Rows

DAYS TO GO: 1

AMRAP 20 mins:
16 Walking Planks (elbows to hands)
8 Burpees
16 Lunges
8 Vertical Jump Overs (eg. a towel)

AMRAP: As many rounds as possible in x minutes

EMOTM: Every minute on the minute (eg. perform 10 burpees, and rest remaining time until next minute)