

GETTING AHEAD



**SOUTH
DOWNS**

Start to develop skills that are relevant to your course before you join HSDC this September!

Personal Trainer

It has been a challenging few months and everyone would have had their own personal struggles that can be tough on an individual's mental and physical health. We hope you have managed the best you could, and you have been looking after your own mental and physical health.

Activity

Warming up at home

The leisure industry has been one of many sectors that has felt the effects of the current pandemic with the extended period of closure for gyms. Gym goers who love the pushing themselves in the free weight area, pounding the treadmill or the electric buzz in the fitness studios will be struggling to adapt their usual routines. Personal trainers across the country have been taking to social media to offer their expertise on how to safely exercise without the sturdy equipment in the gym and glorious space in the fitness studios. Getting the heart rate up or ensuring your muscles reach fatigue is important in fitness, but so is warming up. Your task is to create a professional online infographic that could be sent to clients demonstrating how to warm-up effectively at home without any equipment.

Read

To complete this task effectively you will need to know the components of a warm-up. Read our – [Warm-up notes](#).

Watch

Here is an example of the warm-up that you will be completing in the gym. Take note as it contains all the components of warm-up, but you will need to adapt this so it could be completed without equipment.

[Video](#)

We look forward to seeing you in September!

For further information about your college and being a student at HSDC, please visit hsrc.ac.uk/South-Downs