

STAYING FIT AND HEALTHY DURING A **LOCK DOWN** (AND BEYOND) !

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#MoreThanADesk

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Berliner Rugby-Club e.V.

352 players (85% male, 15% female)

200+ Junior players U6 to U18

3 Men's teams (Regionalliga, 2. Bundesliga, 1. Bundesliga)

All currently sitting at home in lockdown!



OVERVIEW

- **More** than just a bunch of bodyweight exercises to do at home
 1. Look at **special challenges** that lockdowns present: (adherence, equipment, guidance).
 2. **Tips** and **hacks** to overcome these challenges.
 3. How to program a fundamental **weekly structure**.
 4. A set of **high value** exercises.
 5. **Q & A**

THE LOCKDOWN

- **From 16 March 2020 in Berlin** (updated 15 April 2020): → Until **3 May 2020**

Social distancing:

- Minimum 1.5m distance between people in public spaces.
- Maximum of 2 people outside together.
- Outside trips allowed **only** for work, shopping, medical visits, or **sport**.

Closures:

- Closure of all **playgrounds, gyms, and sport facilities**.
- Closure of all non-essential retail >800m².
- Suspension of all **sporting leagues, tournaments and training activities**.
- Suspension of all non-essential travel & extensive border closures.



Albas tägliche Sportstunde soll die Sportkultur revolutionieren

Mit dem Mitmachprogramm auf YouTube bringt Alba Berlin Bewegung in die Kinderzimmer. Das soll Eltern und Lehrkräfte entlasten und der Klub hat Großes im Sinn. VON LEONARD BRANDBECK



Zwei Coaches, ein Albatros: Auch das Alba-Maskottchen turnt mit. FOTO: PROMO

Anzeige

Es sind noch keine zwei Minuten vergangen, da stürmt auf einmal ein großes, weiß gefiedertes Wesen mit riesigem Schnabel, breiten Füßen und gelbem



Berliner Rugby-Club e.V.

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Kein Rugby Training? Kein Problem!



Heute gibt es Episode 2 aus unsere Home/Garten/Park-Training Reihe: Bär-Crawls! 🐻👤 Ein Fundament für Rugby-Spieler ob klein oder groß!...


See more



- **Cool, but can't I just go jogging?**



WHY EXERCISE, AND WHY JOGGING ISN'T ENOUGH

[Curr Sports Med Rep](#). 2012 Jul-Aug;11(4):209-16. doi: 10.1249/JSR.0b013e31825dabb8 .



Resistance training is medicine: effects of strength training on health.

[Westcott WL](#)¹.

Author information

Abstract

Inactive adults experience a 3% to 8% loss of muscle mass per decade, accompanied by resting metabolic rate reduction and fat accumulation. **Ten weeks of resistance training** may increase lean weight by 1.4 kg, increase resting metabolic rate by 7%, and reduce fat weight by 1.8 kg. Benefits of resistance training include **improved physical performance, movement control, walking speed, functional independence, cognitive abilities,** and **self-esteem**. Resistance training may assist prevention and management of **type 2 diabetes** by decreasing visceral fat, reducing HbA1c, increasing the density of glucose transporter type 4, and improving insulin sensitivity. Resistance training may **enhance cardiovascular health,** by **reducing resting blood pressure, decreasing low-density lipoprotein cholesterol** and triglycerides, and increasing high-density lipoprotein cholesterol. Resistance training may **promote bone development,** with studies showing 1% to 3% increase in bone mineral density. Resistance training may be effective for **reducing low back pain** and easing discomfort associated with **arthritis** and **fibromyalgia** and has been shown to **reverse specific aging factors in skeletal muscle**.

PMID: 22777332  DOI: [10.1249/JSR.0b013e31825dabb8](#) 

THE CHALLENGES

- **Adherence** (more than just once!)
- Lack of **equipment**
- Lack of **guided critical feedback**

HOW TO **OVERCOME...**

Adherence

- Have a **plan!** (For your **week**, and for your **workout!**)
- Do it **early**.
- Keep sessions **short** and **intense**. Hide your phone. Music helps.
- Allow for **variation** in your workouts.
- Involve your **partner / family / Mitbewohner**.

HOW TO **OVERCOME**...

Lack of equipment

- Stick to **basic compound movements**. (Squat, push up, rows).
- Be **creative**. Broomstick = Barbell, Bucket = dumbbell,
Small child = squat weight!
- Use the **internet**. Huge range of movement ideas available.

HOW TO OVERCOME...

Lack of guided critical feedback

- Stick to **basic compound movements**.
- Use the **internet**.
- **Listen** to your body.
- **Film** yourself.

PROGRAMMING YOUR WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 min strength (full body)		30 min strength (full body)		30 min strength (full body)		
	30 min jog		30 min jog		Bike ride, Kayaking, Bush walk, Swim, Wrestle with your kids!	

SPECIFIC EXERCISES

- **Bulgarian split squat**

3 sets

10-15 reps (per side)



SPECIFIC EXERCISES

- **Single leg hip thrust**

3 sets

10-15 reps (per side)



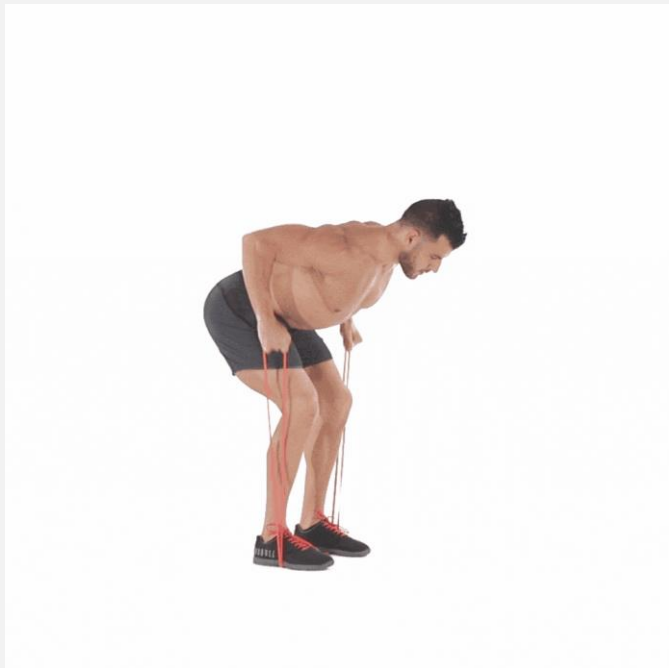
SPECIFIC EXERCISES

- **Bent over row**

3 sets

10-15 reps

(with resistance band)



(with beer keg)



SPECIFIC EXERCISES

- **Push Up**
3 sets
8 - 15 reps



SPECIFIC EXERCISES

- **Ab Cradle (Bauchwippe)**

3 sets

20-30 reps



RESOURCES



Instagram



berliner_rugby_club

Follow

Berliner Rugby Club

"Fahre hoch, oder fahr' nach Hause!!!"



#BRCrugbyXV #BRCrugby7s

Facebook: Berliner Rugby-Club

tinyurl.com/tjj6j2x

Q & A

Thank you very much for listening!

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