

Charge Up In 30 Guide



CITROËN



Contents



Introduction	4
Warm Up	6
Upper Body	8
Lower Body	14
Cool Down	18
Family Challenges & Games	20
Citroën's Electrification Commitment	22

Citroën & England Athletics

Citroën has partnered with England Athletics, the development body for grassroots running and athletics in England to provide greater access to fitness and exercise for children and young people.

Citroën has curated this workout guide with Team GB Olympic Finalist and 5km Road Running Champion, Alex Bell and her coach, Andrew Henderson, Head Coach, Leeds England Athletics Hub. Together, they have built the perfect collection of workouts

suitable for the whole family, which can all be completed in under 30 minutes, the time it takes to charge the new ë-C3.

With the help of Alex and Andrew's expertise, from training for the Olympic Games to working with grassroot talent, the Charge Up In 30 Guide really is suitable for the whole family.

They have also provided some helpful tips to help drivers and passengers alike make healthier choices when on the road.

Citroën has created the Charge Up In 30 Guide alongside Alex and Andrew after conducting research which found that 35% of people say a lack of time stops them from working out, and a further 50% of parents are concerned that their children don't get enough exercise.

The Charge Up In 30 Guide is perfect for parents on the go, utilising their time while they charge their car and combining that with exercise fit for the whole family.



Warm Up

Suit of Cards

You'll need a pack of cards for this one, which needs to be shuffled and then placed on the floor.

The idea is that you have to work together to find the full suit in the correct order. One at a time, run or

walk to the face-down pack and pick up a card before returning to the start. If you have more than one pack of cards, then you can work in teams against each other.

If you want to make the game even more challenging, then try hopping, skipping or taking high-knee runs to the cards.



Top Tip: It is important to hydrate before and after you workout – always keep a water bottle at the ready!

Charging Circuit Warm Up

First off, identify a 'caller' - this person will call the instructions during the warm-up. All of you, including the caller, then march or run on the spot, dependent on your level, until the caller issues a stretching instruction, such as 'right

arm to floor' or 'touch your toes'. Try as many different stretches as you can.

Bronze - Marching on the spot

Silver - Jog on the spot

Gold - High knees on the spot, or around the area parked if safe to do so.

Stretching Exercises

You can also choose traditional stretches as a warm-up. If you do so, then always remember to start from the head and work all the way down to your lower limbs. Each stretch is to be held for a minimum of 15 seconds.

Slow neck rolls

Tap your left ear to your left shoulder, return to centre then alternate.

Shoulder rolls

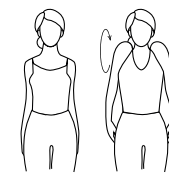
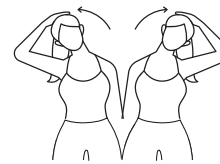
Move your shoulders in a circular motion forwards, then backwards.

Crossbody arm hold

Cross your left arm over to the righthand side of your body and hold with your right arm in between your wrist and elbow, then alternate.

Leg stretch

With one hand on the car to balance yourself, hold your foot and pull behind you, then alternate to the righthand side.



Upper Body

Top Tip: Arm exercises help you lift, push, pull and carry through your everyday activities. Your arms can get stronger with fun movements like push ups, arm circles or lifting the lightest objects.



Tricep dips

2 rounds of 30 seconds, with a 30 second break in between for rest (total 2 minutes)

Bronze

Sitting on the edge of the open boot, place hands close to hips. Keeping your knees bent and feet flat to the floor, slightly bend your elbows and then straighten your arms to lift your body. Try and avoid hunching your shoulders to your ears.

Silver

As before, sit on the edge of the boot, place your hands close to hips and keep knees bent. However, this time place your feet a little further away from the car, then bend your elbows until they are 90 degrees before pushing back up.

Gold

Place your hands on the car boot with your legs fully extended so that your heels are touching the ground. Now bend your arms to lower your body maximising the load on your triceps. Try to avoid locking your arms straight when pushing back up.



Press ups

2 rounds of 30 seconds, with a 30 second break in between for rest (total 2 minutes)

Bronze

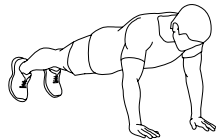
Leaning slightly in, place hands on the side of the car at chest height. Keeping your back straight, bend your elbows until your chest is as close to the car as you can, then extend your arms to push yourself back to an upright position.

Silver

Same as bronze, but this time place your arms slightly lower down your body. Again, bend elbows to bring to your chest as close to the car as you can and then extend.

Gold

Traditional push up to the floor or, for an extra core workout, place your feet on the car's boot floor and push up from the ground into a plank position.



Seated leg lifts

2 rounds of 30 seconds, with a 30 second break in between for rest (total 2 minutes)

Bronze

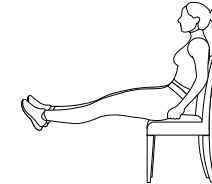
Sit in the boot with your legs outstretched and your hands close to your hips for support. Slowly bring one leg up as high as you can without bending the knee, before slowly lowering the leg back to the floor. Alternate between legs for each 30 second circuit.

Silver

Sit in the boot with your hands placed slightly behind your back to support your core and your chest lifted. Slowly bring both legs up as high as you can without it bending at the knee before slowly bringing them back down.

Gold

Cross your arms over your chest and sit in the boot of the car. Lean back so your head is just above the boot floor then lift both legs as high as you can before slowly returning them to the ground. Try and be as smooth as possible when lifting and lowering.



Top Tip: Treat yourself with a sweet treat! Energy balls are an easy, no bake snack – and they taste great too!

Toe taps

2 rounds of 30 seconds, with a 30 second break in between for rest (total 2 minutes)

Bronze

Stand in front of one of the car wheels, then using a marching style technique gently tap the tyre, alternating with each foot.



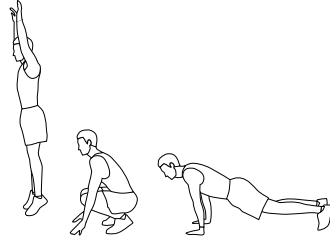
Silver

Do the same movement as bronze, but up the pace, whilst also ensuring you're only lightly tapping the tyre. This places more weight on the standing leg and emphasises the work of the arms.



Gold

The same as silver, but for every five toe taps you should do one burpee. A burpee is where you jump down into a plank like position, before bringing your feet towards your hands and then jumping up explosively.



Lower Body

Top Tip: Your lower limbs are like your body's built in springs – the stronger you get over time will enable you to improve your balance, speed and stamina.



Crab walks

4 rounds of 30 seconds, with a 30 second break in between for rest (total 4 minutes)

Bronze

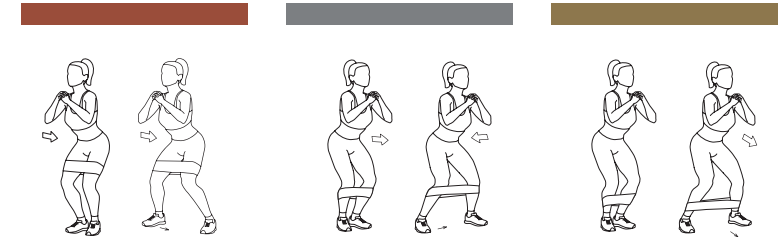
Place a resistance band just above your knees. Standing tall, make small steps side to side and then forwards and backwards. As for all the exercises here, keep as much tension as you can in the band throughout.

Silver

Place the band just below your knees and get into a quarter squat stance with your knees slightly bent. Make larger steps side to side and then forward and backwards.

Gold

Place the band around your ankles and get into a deep squat, then take diagonal steps forwards and backwards.



Top Tip: Flapjacks are the perfect snack for a fast releasing energy fix!

Squat

4 rounds of 30 seconds, with a 30 second break in between for rest (total 4 minutes)

Bronze

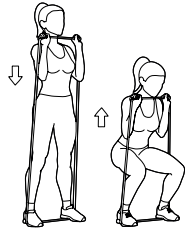
Stand facing away from the cars open boot with your feet placed roughly shoulder-width apart. Place your hands across your chest and slowly lower yourself down until you come into light contact with the boot floor. Then return to a standing position and repeat the exercise. Rember to push through your heels and keep your chest lifted.

Silver

Place a band just under the knees and, with your feet shoulder-width apart, squat down until your knees are bent at 90 degrees before returning to a standing position. Try and keep your knees as straight as possible to avoid them rolling inwards.

Gold

For Gold you'll do a single leg squat. Place one foot on the floor facing away from the boot and with your knee at a 90 degree angle. Place hands on your hips or cross across chest then slowly dip down towards the boot of the car. Do not place all your weight in the boot, just a tap and then return to standing position. The slower and more controlled you are, the more beneficial the exercise will be.



Cool Down

Once you've completed your workout you'll need some balance and breathwork to lower your heart rate and get yourself back to a relaxed state.

Each exercise to consist of 5 rounds of 30 second bursts, with a 30 second break in between for rest (total 5 minutes)

Stretch: Place your hands together in a prayer position, then reach as high as you can to the sky while inhaling one large breath. When you've stretched as far as you can, slowly exhale while spreading your arms out wide and, in a circular motion, bringing them back into a prayer position.



Balance Breath: Standing on one leg, place your hands on your hips.

Turn your head from left to right while keeping balanced and focus. Slowly inhale and exhale with each movement.



Top Tip: Now you've completed your workout, treat yourself to a sweet treat! Try a protein packed yoghurt bowl, topped with frozen berries and chocolate chips!

Standing Cat-Cows: Place your hands on the car for balance and arch your back as far as it will comfortably go whilst inhaling. When exhaling, round your back in the opposite direction as far as you feel able.



Family Challenges & Games

Registration number challenge

Use letters and numbers from your car's number plate, or those of vehicles parked nearby, to assign the exercises from the alphabet list on the next page.

The numbers in the registration identify the number of reps, sets or time taken, while the letters relate to the specific exercise.

So, as an example, KW24 EFG would look like this:

K - Knee Hugs **W** - Wall Sit

24 = 2 Sets of 4 reps
(or 24 seconds or 24 Reps)

E - Elbow to Knee Taps

F - Frog Squats

G - Giant Jumps



Letter	Exercise & Description
A	Arm Circles - Swing your arms in big circles forward and backward to warm up your shoulders
B	Bicep Curls - Hold anything with some weight (like a bottle) and bend your arms to lift it up and down
C	Calf Raise - Stand tall and lift up onto your tiptoes, then slowly lower your heels back down
D	Dips - Use the edge of the boot to lower and lift your body with your arms behind you
E	Elbow To Knee Taps - March on the spot, bringing your elbow across to meet the opposite knee
F	Frog Squats - Squat low with your hands on the floor, then stand tall like a frog leaping up
G	Giant Jumps - Take big, powerful jumps forward or upward like you're reaching for the sky
H	High Knees - Run in place (or between markers), lifting your knees up high with good posture
I	Inch Worm - Bend down, try to touch your toes and slowly walk your hands out in front of you before bringing your feet closer to your new hand placement
J	Jumping Jacks - Jump with arms and legs moving out wide (like a starfish), then back together
K	Knee Hugs - standing up, pull one knee at a time up toward your chest for a gentle stretch
L	Lunges - Step forward and bend both knees, lowering your back knee toward the floor
M	Mountain Climbers - In plank position, quickly run your knees forward under your chest
N	Nose to Knee Hugs - Balancing on one leg, lift one leg at a time to your nose and alternate between legs
O	Overhead Reaches - Mobility move to reach as tall as you can, advance to holding an object standing on one foot and overreach from floor to sky with object in hand.
P	Push Ups - Keep your body straight and lower your chest toward the floor, then push back up
Q	Quad Stretch Reach - Stand on one leg, pull the other foot toward your bottom, and reach the opposite arm up
R	Rocket Jumps - Take a deep squat position then spring up and jump on the spot as high as you can
S	Squats - Sit back and down like you're lowering onto an invisible chair, then stand tall again
T	Toe Taps - Tap your toes lightly on a step, bench, or imaginary target in front of you
U	Up & Down Plank - Plank position, move between elbow to floor to hand plank and repeat
V	Victory Lap! - Take one lap around the car, either running, hopping or incorporating any of the exercise challenges into the lap
W	Wall Sit - Lean against a hard surface and stand in a squat position so thighs are parallel to the floor
X	X Jumps (star) - Jump high, spreading arms and legs out wide like a star.
Y	Yoga Pose - Plant one leg and with the other form a triangle shape by placing sole of foot on the inside of your knee and hold
Z	Zig Zag Hop & Hold - Hop side to side in a zig-zag pattern, pausing to balance after each jump

Citroën's Electrification Commitment

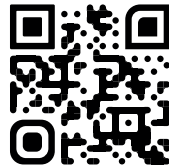
Citroën is committed to electrification and is helping to make electric accessible with the most EVs under £35,000 of any manufacturer. The lineup includes spacious and well-equipped SUVs such as the New ë-C3 Aircross.

With drivers spending an average of 597 hours per year behind the wheel, comfort is key with

51% prioritising comfort above all when purchasing a new vehicle.

Citroën's entire vehicle range prioritises comfort, creating a smooth and serene journey for all occupants, thanks to Citroën's Advanced Comfort® technology, Advanced Comfort® suspension and Advanced Comfort® seats.

To find out more about Citroën's England Athletics partnership and its electric range visit:



If you have any pre-existing or ongoing health conditions, please contact your medical practitioner before undertaking any of the exercises.



