



University of Brighton

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# UOBFIT

UNIVERSITY OF BRIGHTON  
STAFF FITNESS PLAN



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**PANTHERS**



## WHAT IS IT?

UOBFIT is an exercise training program, created by Sport Brighton staff members, designed to encourage ongoing health and fitness regimes for University of Brighton employees.

The emphasis is on simplicity, and accessibility, with workouts being achievable from home with little to no equipment.

## WHY SHOULD I USE IT?

1

To achieve and maintain a solid foundation of physical fitness

2

To develop positive mental health and wellbeing

## WHO'S BEHIND IT?

**Rob Nitman**

Performance Sport & Fitness Officer

**Hallam Kimpton**

Performance Sport & Fitness Intern

**James Wappett**

Performance Sport & Fitness Intern

**Hannah Jackson**

Membership Services Officer



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## HOW CAN I ACCESS IT?

1

Go to your smartphone app service (i.e. App Store) and download **TRAIN HEROIC**

2

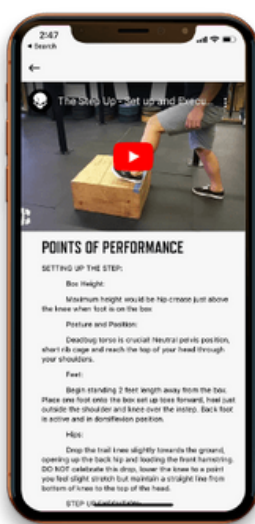
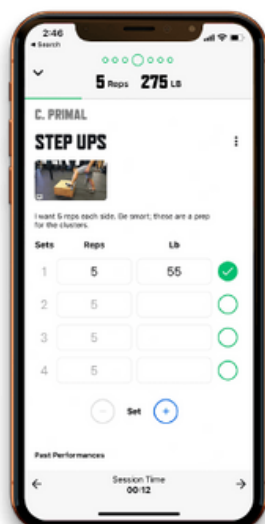
Open **Train Heroic** and create your own personal **USER PROFILE**

3

Use the **ACCESS CODE:**  
**"UOBFIT"**

4

Use the **CALENDAR** at the top of the screen to access workouts, then **START YOUR TRAINING**



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## WELLNESS MONITORING

Each time you start a session you will be required to complete a WELLNESS QUESTIONNAIRE.

This involves answering 5 questions about your physical and mental state, and will result in a readiness score which will advise how prepared you are to exercise.

## PERFORMANCE TRACKING

With every exercise listed in the training program you will be able to complete your own personal performance records. This allows you to monitor progress and also reflect back to completed sessions to view your past results.

## SESSION INTENSITY

At the end of each session you will be asked to complete your rate of perceived exertion (**RPE**).

This is essentially a scale to measure how hard you feel you have worked with 0 being the lowest and 10 the highest.





## WHAT IF I DON'T HAVE ANY EQUIPMENT?

The main consideration for this program has been lack of access to fitness equipment; so you should be able to complete all the sessions with just your body, or items that you can find around the house such as water bottles, books or a backpack.

## I'M NOT VERY FIT ... CAN I STILL TAKE PART?

Most definitely!

A very high priority for us was making it achievable for everyone. We have noted down easier and harder alternatives wherever possible to ensure inclusivity. If you are ever in doubt just send the coaches a message through the app and they'll send alternatives.

## DO I HAVE TO COMPLETE ALL THE SESSIONS?

Absolutely not, you are free to do as much or as little as you like. We have simply created this resource to provide a free option for staff fitness and wellbeing. Some days' prescription will be as simple as a 20minute walk, where others will be resistance training based. You can choose your favourites or simply go day by day.



## WHAT IF I DON'T KNOW THE EXERCISE?

All exercises on the training programs will have a list of instructions, as well as a video demonstration.

To access these you simply click the exercise, opening a wider descriptive box complete with YouTube video link.

## HOW DO I COMPLETE THE SETS AND REPS?

You can either click the sets or reps segment and type in your data, or you can simply click the circle on the right hand side to signify that you have completed it. You don't have to do either of these if you don't want to, you can just complete the workouts without tracking it, but the tracking allows you to measure progress and compare against others in the team.

## WHAT IF I HAVE QUESTIONS?

If you have questions, or simply want to say "wow, I feel great!", you can do this via the **ATHLETE FEED**. This will be shared with all athletes who have accessed the program.

You can also send private messages to the coaching team whenever you like.





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IT'S TIME TO BECOME ...

UOBFIT

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