



Co-funded by EAC/S09/2020 -
Grassroots sport programmes
and infrastructure innovation
of the European Union



Come & Play 4.0

EAC-2020-0745

Blagoevgrad 30-31 January 2023



COME^{4.0}
PLAY





Bulgaria today



- **5** in Europe in terms of childhood obesity
- Spinal Curvatures
- Immobilisation
- Urbanisation
- Lack of staff

Why is it important to be physically active?

**Physical
health**

Step 01

**Mental
health**

Step 02

Prosperity

Step 03





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[website](#)

Do you know what 3D holograms are?



3D workouts

Training	1	2	3
16 – 24 young people	Morning gymnastics	High Intensity Interval Training (HIIT)	30 on / 10 off 6 exercises X 2 times each
24 – 60 families	Morning gymnastics	Tabata	20 on / 10 off 8 exercises
60+ adults	Morning gymnastics	Low intensity interval training	45 on / 15 off 10 exercises

Main types of exercise

01

aerobics

Improve
cardiovascular and
respiratory systems

02

stretching

Improves muscle and
joint mobility



03

anaerobic

Increases strength
and improves posture

Types of exercise in relation to physical quality

For speed

Running, jumping

For flexibility

Yoga

For coordination

Tennis, football



For strength

Martial arts

For endurance

Running, swimming

High Intensity Interval Training (HIIT)

HIIT

- Cardio workouts
- Alternate intervals of intense work with recovery
- Maximum power in minimum time

40%



Sports



Tabata

- Increase aerobic and anaerobic capacity
- 9x greater body fat loss
- Accelerates metabolism
- Increase strength and lean muscle mass

60%

Training examples

Young people 30/10

1. jump rope x 2
2. push-ups x 2
3. squat with push-up x 2
4. sit-ups x 2
5. burpees x 2


Families 20/10

1. smooth running
2. squat with torso twist
3. mountain climbing
4. tips - scissors
5. plank

60+ 45/20

1. high-knee
2. squats with weight
3. from knee support to opposite swing
4. plank
5. lunges

Example HIIT workout

Chest		Jumping Jack	30 on /15 rest
Back		Plank on a balance disc	
Legs		Squat with arms forward with weight	
		Push-ups	
		Lunges with arms out to sides with weight	
		High-knee running	

Morning gymnastics for everyone



8 circles of the body		Sets	Reps
1. head	5. torso	1	8
2. shoulders	6. hips	2	8
3. elbows	7. knees	2	8
4. wrists	8. ankles	2	8

Physical education exercises infographics

01

Football



80%

02

Tennis

10%

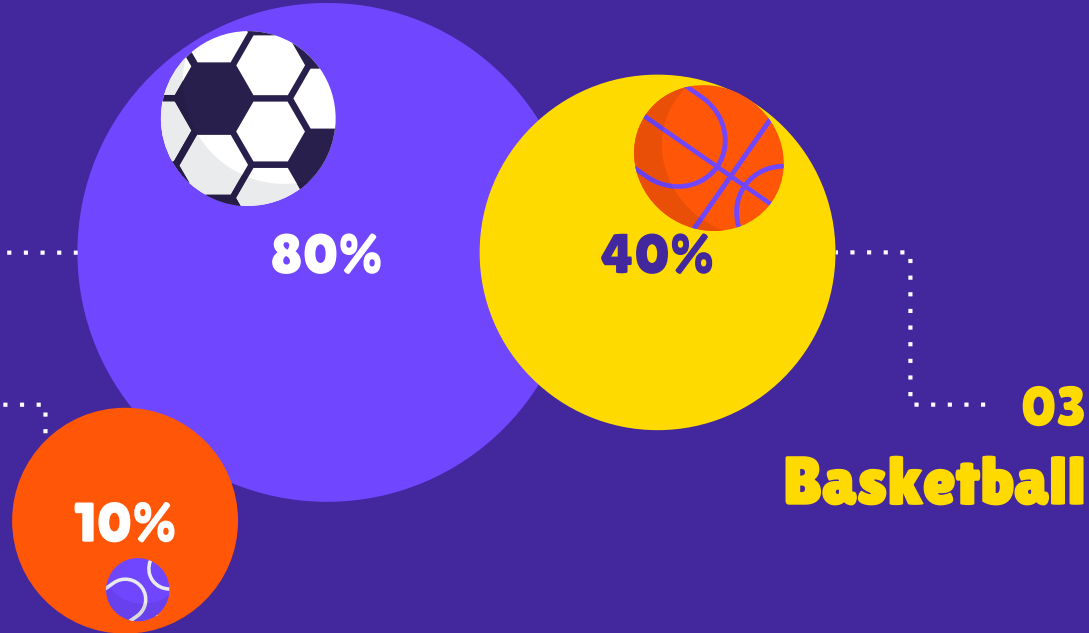


40%



03

Basketball



Calendar of the project Come and Play 4.0

● Power

Mercury is the closest planet to the Sun

● Strength

Despite being red, Mars is a cold place

● Endurance

Jupiter is the biggest planet of them all

Jan	Feb	Mar	Apr	May	Jun	Jul
Blagoevgrad		10 towns in the Rhodope Mountains	Bansko		The International Conference	



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