



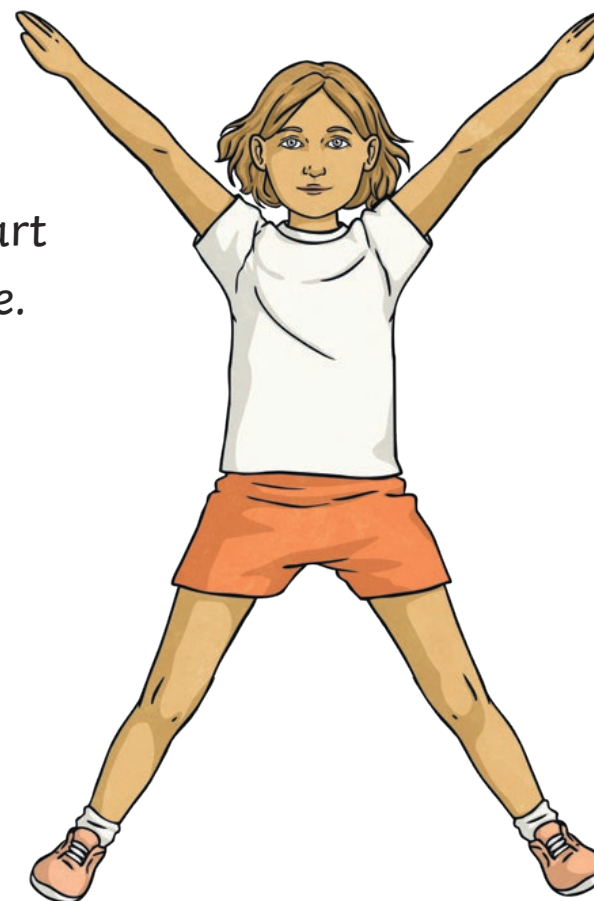
## ► Equipment

- Stopwatch or timers

## ► Activity

- Set a stopwatch or timer for one-minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand up straight, with your legs together and your arms by your side.
- Jump both feet out to the side at the same time and lift both arms to create a star shape in the air.
- Bring both feet back in at the same time and bring your arms back down to your sides before landing.
- Keep repeating the star jump movement for one minute.

**Rest for 20 seconds and then do Exercise 2 – Mountain Climbers.**





## ➤ Equipment

- Stopwatch or timers

## ➤ Activity

- Set a stopwatch or timer for one-minute each time you start an exercise. Rest for a count of 20 in-between each exercise. Repeat the exercises three times.
- Start in a press-up position with your hands on the ground, your body in a straight line with your toes tucked under and your back flat.
- Bring one knee underneath your body and up to your chest, then quickly straighten out the leg behind you, landing back down on your toes as you bring the other knee up underneath you.
- Keep moving quickly, alternating legs and staying light on your toes for one minute.



**Aim to keep your tummy muscles tight and stay in the press-up position throughout with your back as flat as you can.**

**Rest for 20 seconds and then do Exercise 3 – High Knees.**



### ► Equipment

- Stopwatch or timers

### ► Activity

- Set a stopwatch or timer for one-minute each time you start an exercise. Rest for a count of 20 in-between each exercise. Repeat the exercises three times.
- Keeping on the balls of your feet, lift one knee up and then the other as high as you can. Move quickly and fluently, pumping your arms to help you.

Continue the high knees exercise for one minute.

**Rest for 20 seconds. Now, repeat Exercise 1, 2, and 3 twice more (x2).**





## ► Equipment

- Stopwatch or timers
- Mats

## ► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Lie on your back on a mat on the ground. Lift your legs up as straight as you can so that the soles of your feet are facing up towards the ceiling. Imagine your legs are the ticking hand on a clock and they are pointing at 12 o'clock.
- Keeping your back flat on the mat and your tummy pulled in, lower your legs towards the ground a little more to face 1 o'clock and then 2 o'clock, holding for a count of three each time. At 3 o'clock, they should be hovering just off the mat. Rest your legs down for a few seconds and then repeat. Keep repeating the leg clock exercise for one minute.

**Try to keep your legs as straight as possible during this exercise and your tummy pulled in with your back flat on the mat.**

**Rest for 20 seconds and then do Exercise 2 – Sit-Ups.**



## ➤ Equipment

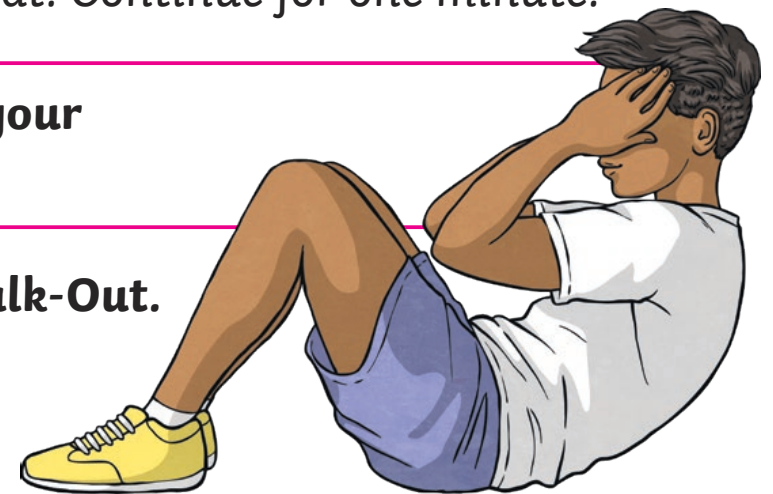
- Stopwatch or timers
- Mats

## ➤ Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Lie on your back on the mat with your knees bent and feet flat.
- Put your hands at the side of your head and use your tummy muscles to lift your head, shoulders and back off the mat, aiming to touch your knees with your elbows. Lower your body back to the mat slowly and then repeat. Continue for one minute.

**Make sure you don't pull on your neck or head. Keep your tummy muscles tight and your back flat.**

**Rest for 20 seconds and then do Exercise 3 – Plank Walk-Out.**



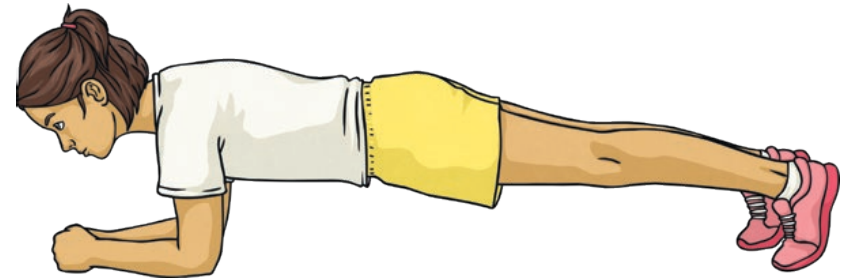


### ► Equipment

- Stopwatch or timers
- Mats

### ► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Start standing up straight. Bring your hands down to touch the ground in front of you, keeping your legs as straight as you can. Walk your hands forwards while keeping your legs straight to come into a press-up position with a flat back and toes tucked under.
- Lower one forearm and then the other to the ground to come into a plank position. Your back should be nice and flat. Hold the plank position for a count of three.
- Come back up into a press-up position and walk your hands back towards your legs, then come up to standing again. Keep repeating the plank walk-outs for one minute.



**Rest for 20 seconds. Now repeat exercise 1, 2 and 3 twice more (x2).**



## ► Equipment

- Stopwatch or timers

## ► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Start standing up straight with your hands on your hips. Bend one knee towards the ground and step the other leg out in front of you to lunge forwards. Aim to have your front thigh parallel to the ground and knee bent at 90 degrees. Keep your body upright. Step your front leg back and straighten both legs to stand up.
- Now, repeat the lunging movement but step the same leg backwards behind you instead of forwards. Step the back leg in and straighten both legs to stand up.
- Keep alternating legs, lunging forwards and backwards on your left and then your right leg. Continue for one minute.

**Rest for 20 seconds and then do Exercise 2 – Jumping Squats.**







## ► Equipment

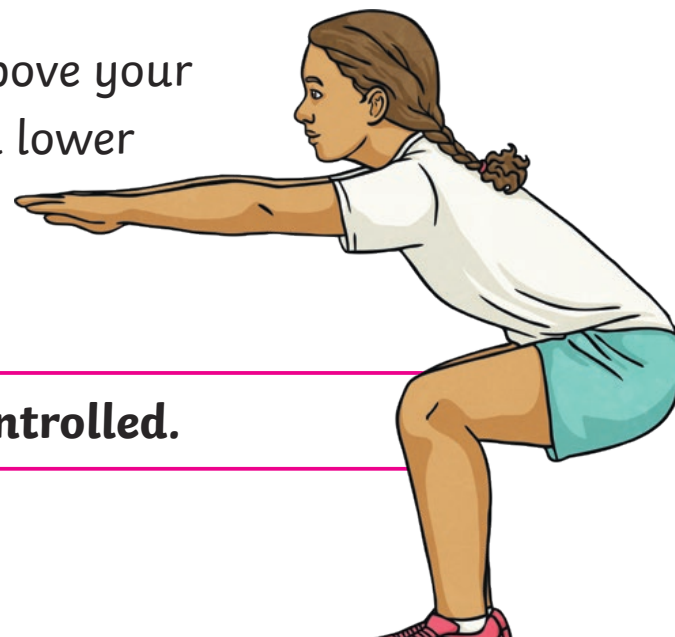
- Stopwatch or timers

## ► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand with your legs about hip-width apart and then squat down, keeping your shins straight up and pushing your bottom out behind you. Hold your arms out in front of you for balance and try to get your thighs parallel to the ground.
- Push off the ground with both feet and raise your arms above your head to jump up as high as possible. Land on two feet and lower your body immediately back into the squat position.
- Keep repeating the squat-jump sequence for one minute.

**Keep your tummy muscles tight and your movements controlled.**

**Rest for 20 seconds and then do Exercise 3 – Step-Ups.**







### ► Equipment

- Stopwatch or timers
- Step, bench or block

### ► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise. Repeat the exercises three times.
- Stand in front of your step, block or bench. Step one foot and then the other onto the step.
- Then, step one foot and the other back down again.

**Vary which leg you lead with. Try and get quicker, hopping lightly on the balls of your feet as you step up and down.**

**Rest for 20 seconds. Now, repeat exercise 1, 2 and 3 twice more (x2).**





## ► Equipment

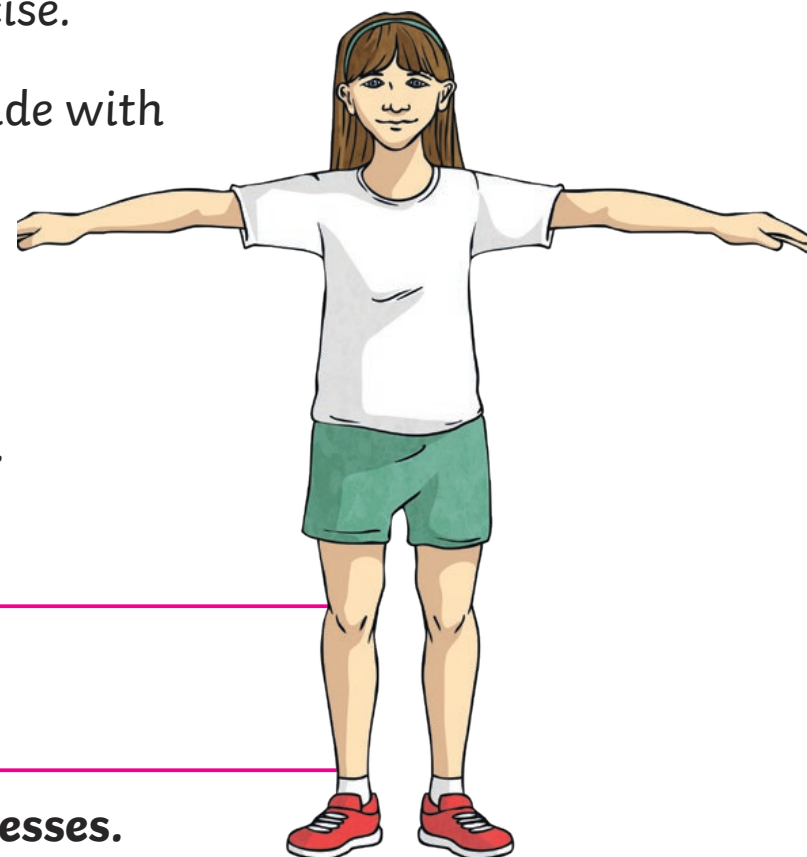
- Stopwatch or timers

## ► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand up straight and stretch your arms out to the side with palms facing down.
- Rotate your arms forwards in small circles, then gradually increase the size of the circles.
- Repeat the circular patterns in a backwards rotation.
- Keep repeating the arm circles for one minute.

**Try holding light weights in your hands to make this more difficult, e.g. quoits or beanbags.**

**Rest for 20 seconds and then do Exercise 2 – Wall Presses.**





## ➤ Equipment

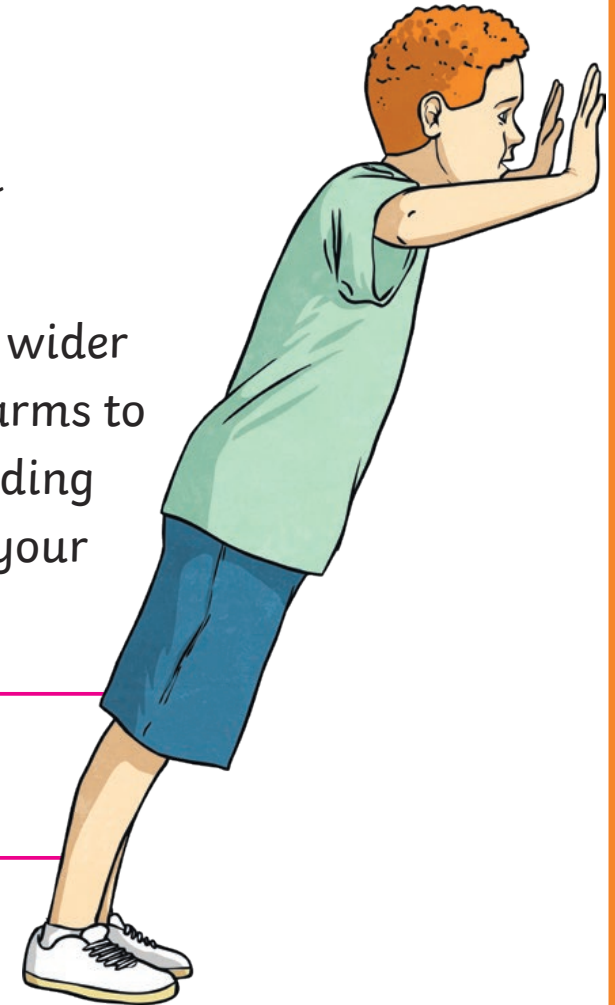
- Stopwatch or timers

## ➤ Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand in front of a wall and place your hands on the wall a bit wider than shoulder-width apart keeping them straight. Using your arms to support you, allow your body to move towards the wall by bending your elbows out and then straighten your arms again to push your body back up. Keep repeating the wall presses for one minute.

**Move in a slow controlled manner. Make sure you do not hit your head against the wall.**

**Rest for 20 seconds and then do Exercise 3 – Row and Fly.**





### ► Equipment

- Stopwatch or timers

### ► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Stand with feet about hip-width apart. Bend your knees and lean forwards slightly, keeping your back flat. Put your arms out and down in front of you. Clench your fists. Pull both hands up towards your body so your elbows bend out to the sides (as if you were rowing a boat), then push them down again.
- Next, lift your arms straight out to the sides as if you were a bird taking flight and then lower them back down.
- Keep alternating between rowing and flying for one minute.

**Try holding light weights in your hands to make this more difficult, e.g. quoits or beanbags.**

**Rest for 20 seconds. Now repeat exercise 1, 2 and 3 twice more (x2).**





## ► Equipment

- Stopwatch or timer

## ► Activity

- Set a stopwatch or timer for one-minute each time you start an exercise. Rest for a count of 20 in-between each exercise.
- Find these activity cards and follow the instructions on the cards. Then, choose your own favourite aerobic exercise card to complete as well.

### Exercise 1

Forward and Backward Lunges

### Exercise 2

Leg Clock

### Exercise 3

Jumping Squats

### Exercise 4

Wall Presses

### Exercise 5

Mountain Climbers

### Exercise 6

Your own choice

