



Arm Rotations

- ✓ Stretch arms out both sides
- ✓ Make circular motion with arms
- ✓ Vary size, speed and/or direction





Bicycle Crunches

- ✓ Lie on ground
- ✓ Hold hands behind head, extend legs
- ✓ Crunch
- ✓ Touch opposite elbow to knee





Burpees

- ✓ Stand with feet together.
- ✓ Bunny hop to the ground
- ✓ Extend legs behind
- ✓ Back to crouch
- ✓ Jump back to feet, reach high and repeat





Cross-Lateral Hops

- ✓ Bring right arm and left leg to chest height and touch
- ✓ Repeat with opposite arm and leg
- ✓ Continue





Crunches

- ✓ Lay on ground, bend at knees
- ✓ Extend arms,
- ✓ Crunch at core
- ✓ Bring knees and chest together
- ✓ Return to starting position, repeat





Dips - Bent Leg

- ✓ Place hands behind you on a chair
- ✓ Lower body until nearly touching ground
- ✓ Return to starting position





Dips - Straight Leg

- ✓ Place hands behind you on chair
- ✓ Extend legs away from body
- ✓ Lower body until nearly touching ground
- ✓ Return to starting position





Flick Kicks

- ✓ Run on the spot, high on toes
- ✓ Flick feet up to kick bottom
- ✓ Increase intensity as desired





High Knee Running

- ✓ Hold arms directly in front of body
- ✓ Raise knees high to chest, whilst running on the spot
- ✓ Increase intensity as desired





High Reach

- ✓ Crouch down, touch toes
- ✓ Jump up on two feet, reach high
- ✓ Crouch back down and repeat





Hopscotch

- ✓ Stand with legs shoulder width apart
- ✓ Jump onto left leg
- ✓ Return to starting position
- ✓ Jump onto right leg





Jump Kick

✓ Jump on the spot



✓ Kick right leg forward

✓ Jump on the spot



✓ Kick left leg forward



Ladder Climb

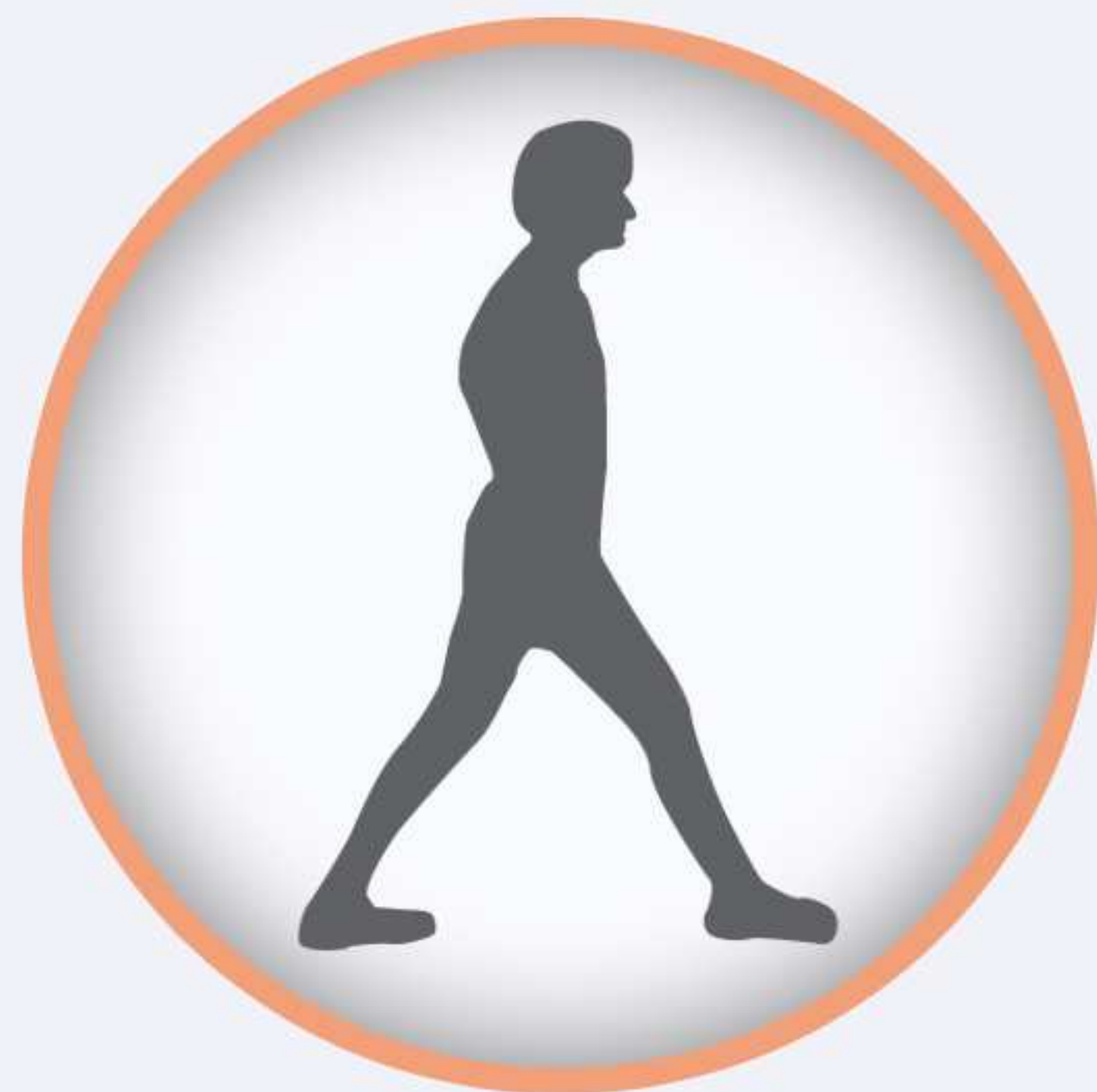
- ✓ Stand straight, feet together
- ✓ Raise right leg and left arm as if climbing a ladder
- ✓ Alternate body sides
- ✓ Repeat sequence





Lunge

- ✓ Stand with legs together
- ✓ Jump up, pull legs up
- ✓ Tough thighs to chest
- ✓ Small bounce, jump again





Mountain Climber



- ✓ Place hands shoulder width apart on the ground
- ✓ Extend legs behind body
- ✓ Step legs under chest
- ✓ Switch legs
- ✓ Repeat, increase speed



Popcorn

- ✓ Stand with legs together
- ✓ Jump up, pull legs up
- ✓ Tuck thighs to chest
- ✓ Small bounce, jump again





Push-Up--Chair



- ✓ Place hands in front of body, leaning on chair
- ✓ Lower chest to the chair
- ✓ Push body away from chair
- ✓ Continue
- ✓ Perform on knees if necessary



Push-Up

- ✓ Place hands shoulder width apart
- ✓ Lower chest to the floor, bending at elbows
- ✓ Push body back to starting position
- ✓ Perform on knees if necessary





Running on the spot

- ✓ Run/jog on the spot
- ✓ Increase intensity as desired





Scissor Kicks

- ✓ Stand with left leg forward, right leg back
- ✓ Jump and switch legs
- ✓ Repeat sequence





Scoops

- ✓ Step to your left, scoop arms down as if digging a hole.
- ✓ Jump and clap
- ✓ Repeat to right side
- ✓ Continue sequence





Shuffle

- ✓ Start with one foot forward, one foot back
- ✓ Slide front leg backwards
- ✓ Lift back leg with high knee and place at front.
- ✓ Repeat





Sit-up

- ✓ Lay on ground, bend at knees
- ✓ Extend arms
- ✓ Bring chest towards knees
- ✓ Keep back straight
- ✓ Return to starting position, repeat





Squats

- ✓ Stand with wide legs and arms in front of body
- ✓ Bend your knees and squat down
- ✓ Return to starting position, repeat





Star Jumps

- ✓ Stand straight, hands by side and feet together
- ✓ Jump, spread hands to side and feet separated
- ✓ Return to starting position
- ✓ Repeat sequence



Stretch - Groin



- ✓ Sit on the ground
- ✓ Put heels together and bring towards body
- ✓ Lower knees towards ground

Stretch - Lower Leg



✓ Stand straight with one foot in front of the other

✓ Point toes forward



✓ Bend front leg

Stretch - Neck



✓ Stand straight, tilt neck towards right shoulder



✓ Return to middle, tilt to left shoulder

Stretch - Shoulders



✓ Place arm across body,

✓ Use opposite arm to pull arm closer to body



Stretch - Triceps



- ✓ Bend one arm
- ✓ Reach over shoulder to middle of back
- ✓ Use opposite arm push until stretch is felt



Stretch - Upper Leg

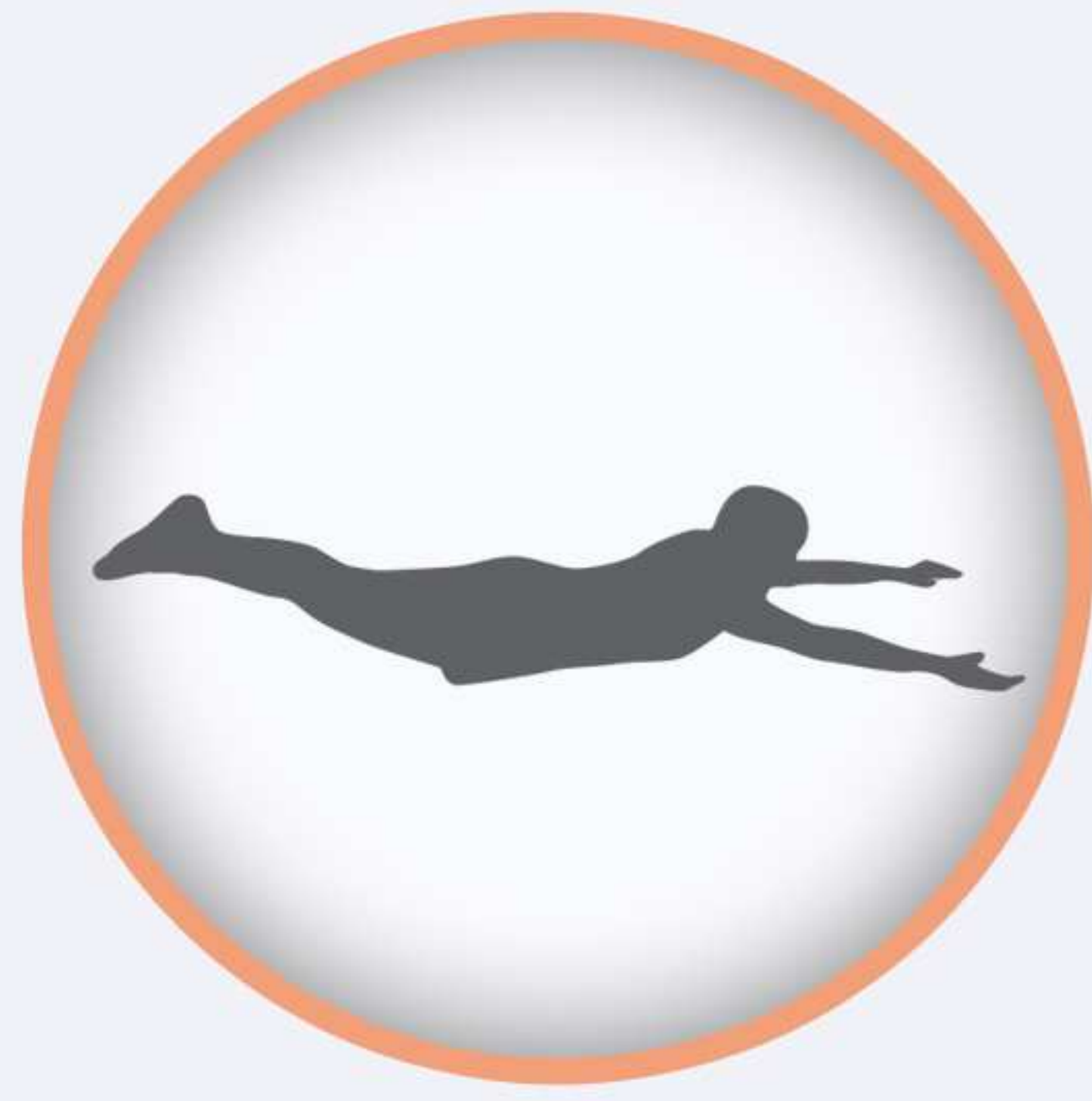


✓ Stand straight, flick leg up to bottom

✓ Hold foot and balance

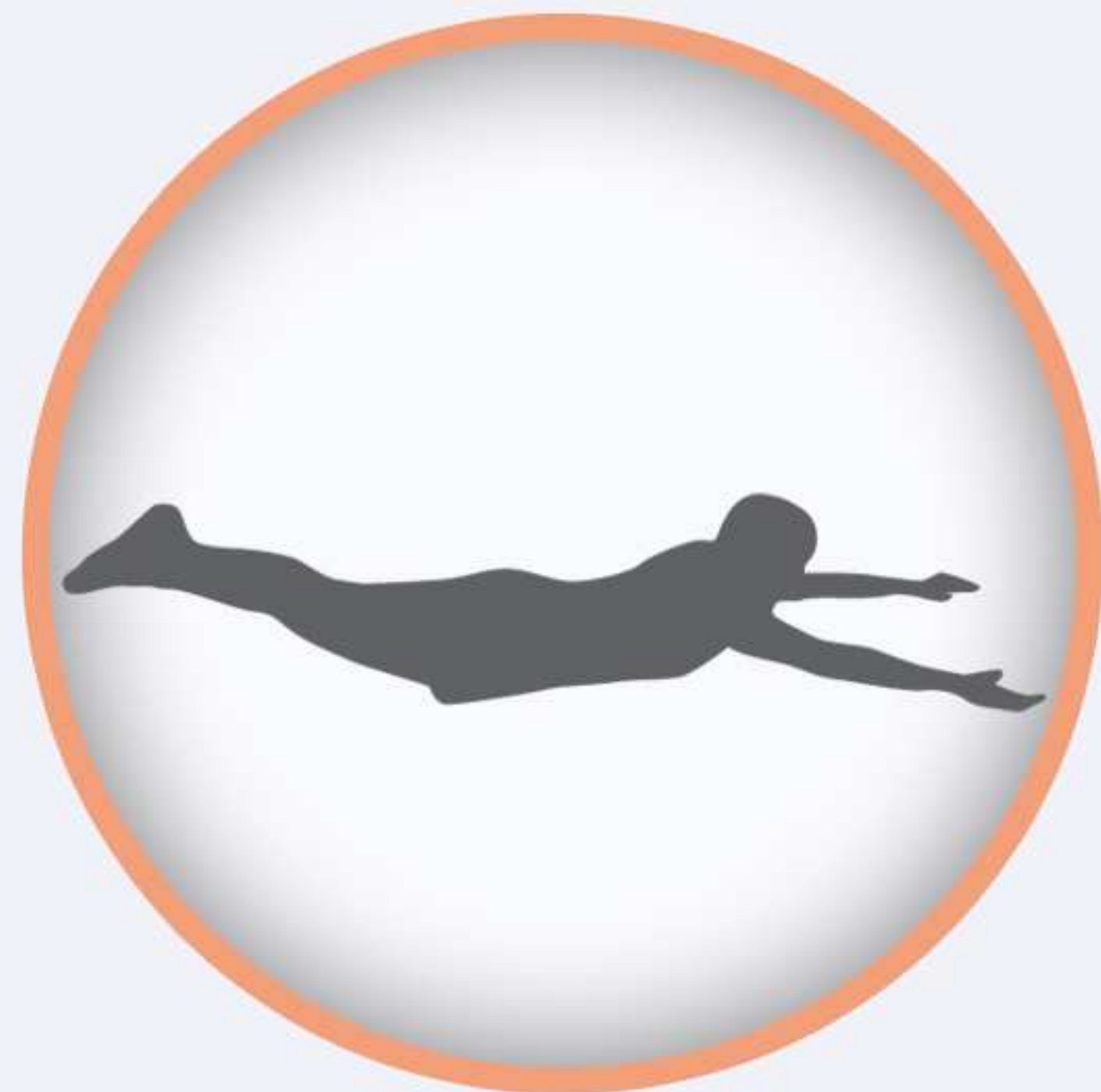
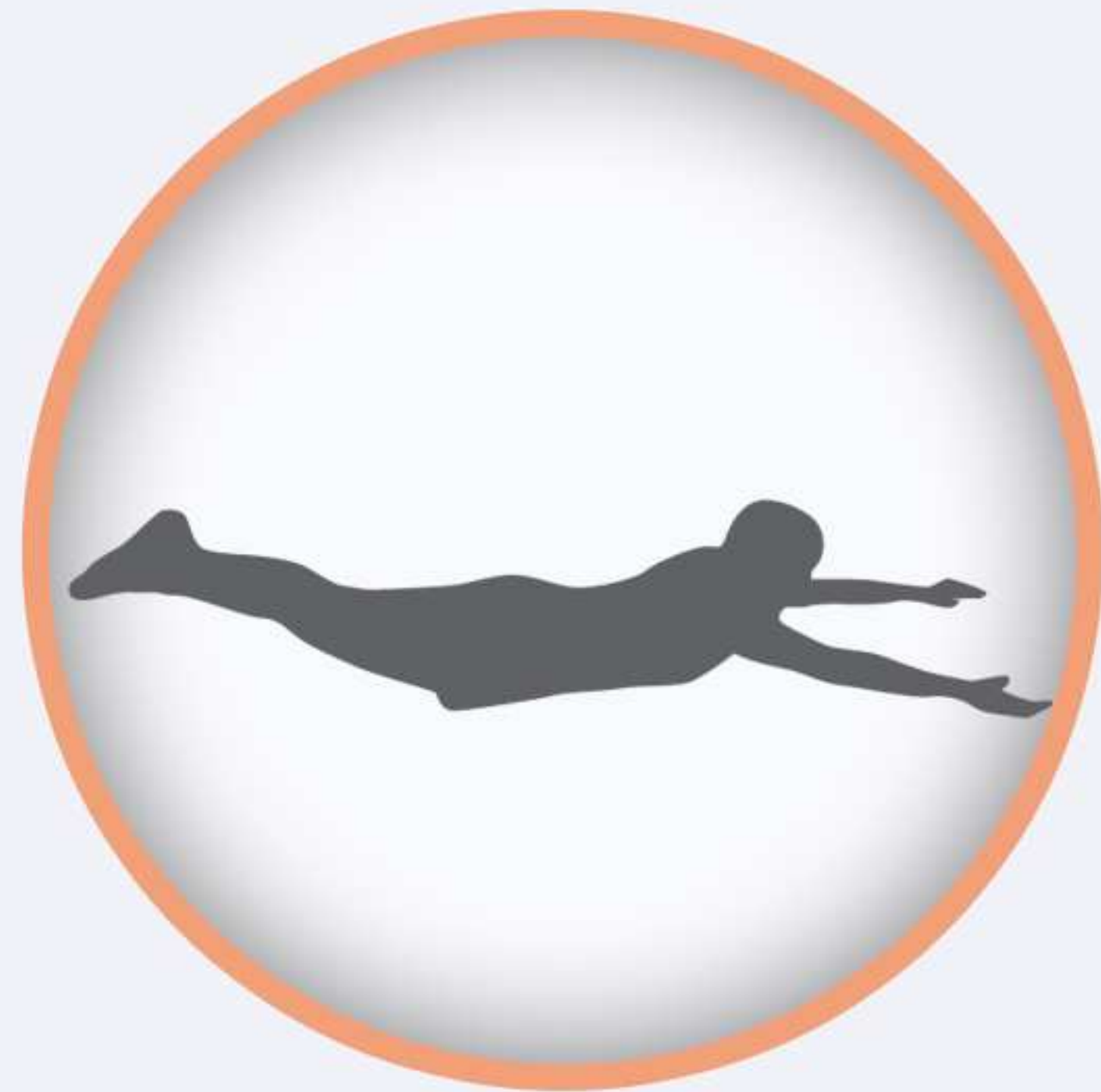


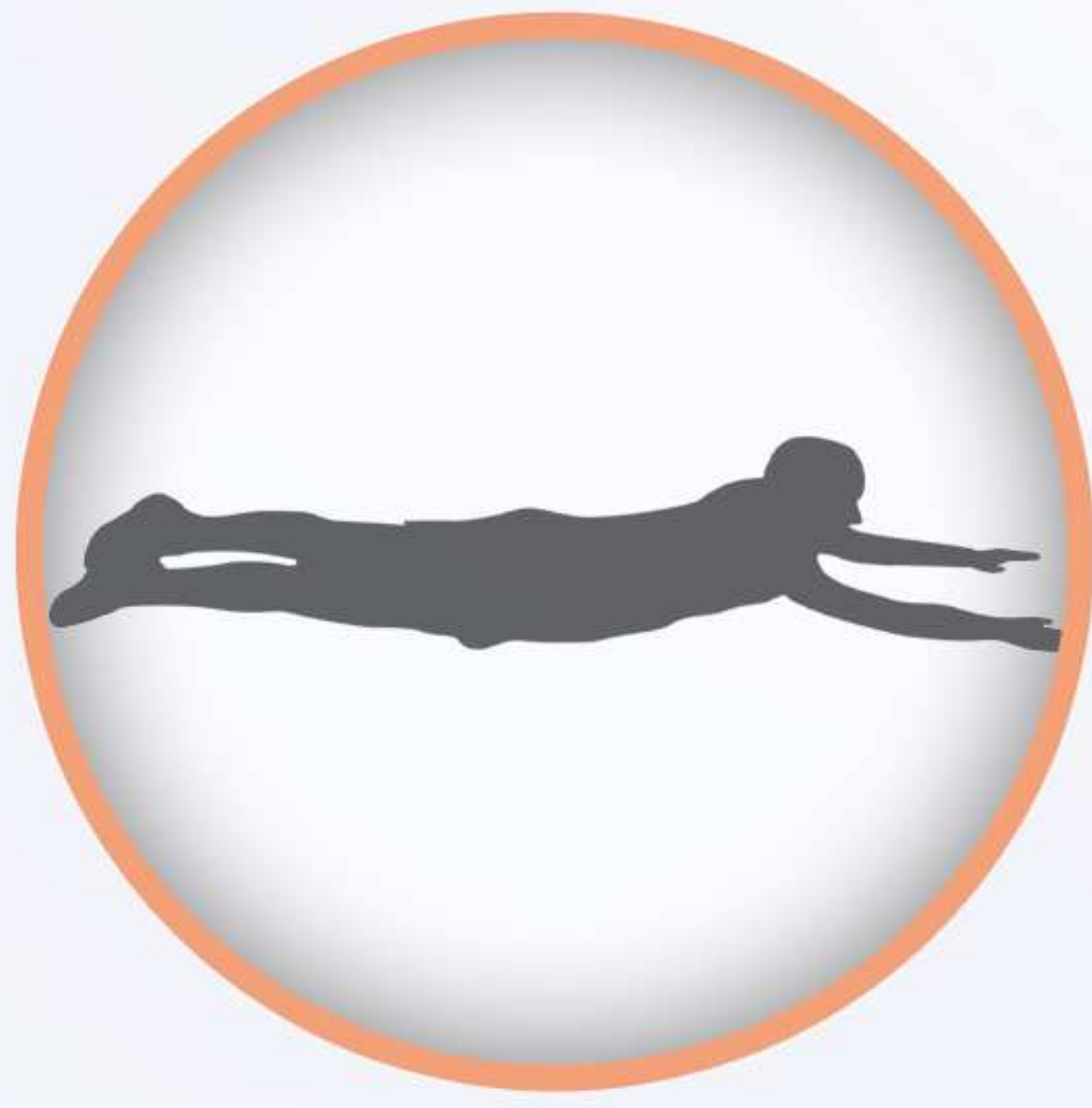
✓ Change legs



Superman

- ✓ Lay on stomach
- ✓ Stretch arms in front of body
- ✓ Stretch legs straight, lift from the floor
- ✓ Hold.





Swimmer

- ✓ Lie on stomach
- ✓ Extend arms and legs
- ✓ Move arms and legs as if swimming freestyle





The Bridge

- ✓ Support body on forearms
- ✓ Extend legs behind body
- ✓ Hold in straight position,
- ✓ Use knees if required





The Plank

- ✓ Lay on your preferred arm
- ✓ Stretch the other arm above your head
- ✓ Hold
- ✓ Switch sides if necessary





Twister

- ✓ Lay on ground
- ✓ Lift legs off ground, bend at knees
- ✓ Pull legs to the right side, touch ground with knees
- ✓ Return to starting position
- ✓ Pull knees to left side, repeat





Twists

- ✓ Stand straight feet together
- ✓ Hop and turn to the right
- ✓ Hop and turn to the middle
- ✓ Hop and turn to the left
- ✓ Repeat





Up-downs

- ✓ Extend body on ground, balancing on hands and feet
- ✓ Bend right arm, rest on right forearm
- ✓ Bend left arm, rest on both forearms
- ✓ Extend right arm, followed by left
- ✓ Return to starting position, repeat





Venus Fly Trap

- ✓ Lie on back, extend arms and legs
- ✓ Crunch body, touch fingers and toes
- ✓ Return to starting position



Other

Choose your own exercise...