

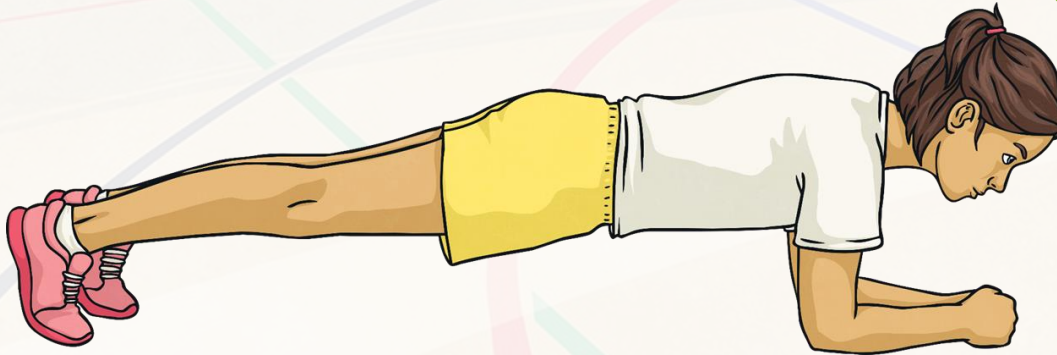
Plank

How to do a plank:

- 1 Lie on your front. Raise up onto your toes and forearms.
- 2 Keep your stomach muscles and back muscles pulled in tight. Imagine that you are trying to pull your stomach and back into the middle of your body.

Keep your neck loose and look down to the ground.

Keep your body as straight as possible.



Top Tips!

Burpees



How to do burpees:

- 1 Stand up straight. Reach down and put your hands on the floor next to your feet.
- 2 Kick your legs back and straighten them out. This is similar to the plank position although you will be leaning on your hands, not your forearms.
- 3 Bring your feet back up to beside your hands.
- 4 Stand up straight and do a pencil jump.

Make sure you are kicking your legs right back until they are straight.

Try to get into a rhythm as burpees can be very tough.

Top Tips!

Sit Ups

How to do a sit up:

- 1 Lie on your back and bend your knees up so that your feet are flat on the floor.
- 2 Point your hands to just behind your ears and keep your elbows bent.
- 3 Slowly sit up so that your chin is just above your knees: then slowly lower yourself back down to your lying down position.

Pretend there is an orange between your chin and your neck, this means you will always have a gap between the two.

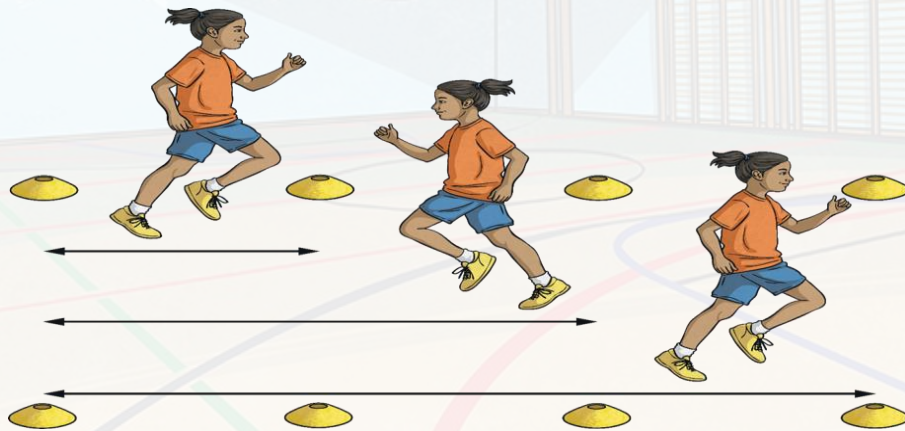
Top Tips!



Shuttle Runs

How to do shuttle runs:

- 1 Run between two cones. Each time you go around a cone, it counts as one run.



To go faster, lift your knees higher as you run.

Try not to go too fast at the beginning so you don't tire out too quickly.

To go faster, use your arms to 'pump' your body. As one foot goes forward, the opposite arm should be lifted in front of you with your hand at head height and your arm bent at your elbow.

Challenges

Squats

How to do a squat:

- 1 Stand with your legs shoulder width apart.
- 2 Sit back, as if you are sitting on a seat, until your thighs and your shins are at a right angle.
- 3 When you sit down and stand back up, it is counted as one squat.

When lowering down, your bottom should be just below your knees.

You should be able to see your toes at every point in the squat.

Always lean back on your heels, not on your toes.

Challenge

To make it harder, do a pencil jump instead of standing up.



Top Tips!

Star Jumps

How to do a star up:

- 1 Begin by standing with your legs together and your arms by your side.
- 2 Jump up. Land with your feet shoulder width apart and your arms straight above your head.
- 3 Jump up again and return to the straight position.



To make it harder, stand straight, jump up, outstretch your arms and your legs, then land back in the straight position.

Challenge

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Lunges

How to do a lunge:

- 1 Stand up straight with your hands on your hips.
- 2 Take one large step forward on one foot and bend your knee to make a right angle between your shin and your thigh.
- 3 Your back leg will be bent at a right angle as well. Step back to standing straight – this is one lunge.
- 4 Take a large step forward with the opposite foot and complete lunges with alternate legs.

Keep your hands on your hips throughout the lunges.

Try to make your back knee as low to the floor as possible without touching the floor.

Make sure you can see the toes on your front foot.



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Top Tips!

Press Ups

How to do a press up:

- 1** Kneel on all fours, facing the floor. Your weight will be only on your toes and your hands.
- 2** Position your arms straight under your shoulders. Your legs should be straight and together.
- 3** Bend your elbows and lower your chest down to between your hands. Your chest should nearly touch the floor.
- 4** Straighten your arms and bring your body back up to resting on your hands and toes.



To make it easier, rest your weight on your knees so that your hands, knees and feet are on the floor and complete the press up as normal.

Top Tips!

Wall Throws

How to do a wall throw:

- 1 Stand 1-2 metres away from a wall.
- 2 Hold a ball at your chest with each hand on each side of the ball, your fingers spread around the ball and your elbows sticking out to the sides.
- 3 Throw the ball by straightening your arms and pushing your hands towards the wall.
- 4 Keep your arms outstretched with your fingers spread, ready to catch the ball.
- 5 When you catch the ball, bring it back into your chest to begin again – this is classed as one throw.

Try to aim for the same spot on the wall for each pass.

To make this activity more challenging, stand further back from the wall but continue to use a chest pass.



Top Tips!

Side Reaches

How to do sides reaches:

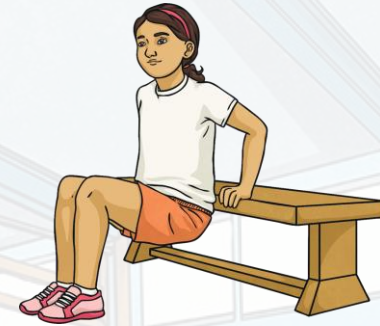
- 1 Lie on your back and bend your knees up so that your feet are flat on the floor.
- 2 Straighten your arms down your side, with your hands pointing towards your toes.
- 3 Keep your back and arms on the floor and reach down on one side of your body so that you touch your heel on one side.
- 4 Return to the middle.
- 5 Now reach for the other side and touch the other heel then return to the middle. This counts as one side reach.

Pretend there is an orange between your chin and your neck, this means you will always have a gap between the two.



Top Tip!

Tricep Dips



How to do a tricep dip:

- 1 Begin by sitting on a bench with your thigh and shin at a right angle and with your hands next to your bottom.
- 2 Your hands should be holding on to the edge of the bench with your fingers facing you.
- 3 Move your bottom forward and off the bench so that your body weight is on your heels and your hands.
- 4 Bend your elbows and lower your body as low as you can without touching the floor.
- 5 Straighten your arms to lift yourself back up, this is one tricep dip.

Try to keep your toes lifted.

Keep your legs still, do not use them to help.

Challenge

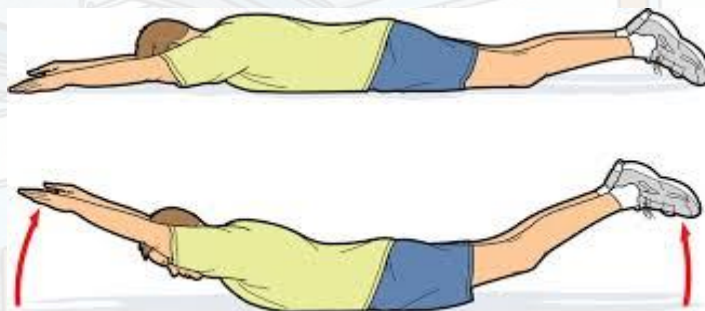
To make this more difficult, straighten out your legs so there is no bend at the knee, continue to lift your toes so that only your heel is on the floor.

Top Tips!

Seal Raises

How to do seal raises:

- 1** Lie flat on your stomach with your arms straight above your head. Keep your palms down and legs straight.
- 2** Lift your arms and legs up - only slightly off the floor - and count to ten.
- 3** Focus on pulling your shoulder blades to your thighs. Try not to stick your stomach out.
- 4** Place your arms and legs back down on to the floor. This is one seal raise.



Try to be as slow and as controlled as possible.

Top Tips!