



### 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

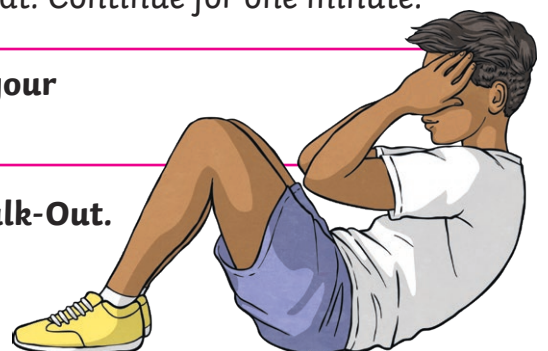
- Stopwatch or timers
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### Activity

- 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.**



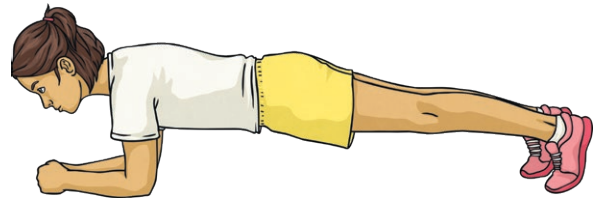


### ► Equipment

- Stopwatch or timers
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### ► 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).**