



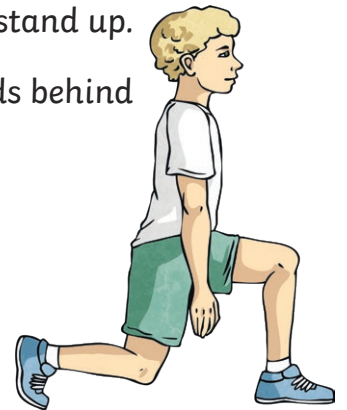
Equipment

- 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

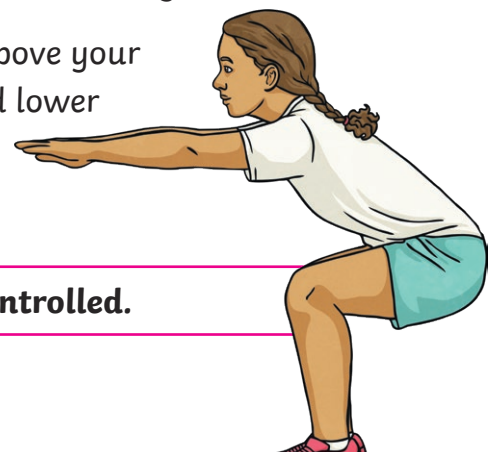
- Stopwatch or timers

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).

