



## ► 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

