



### ► 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 your arms by your side. Squat down and swing your arms back behind you, then push off the ground with your legs and reach your arms up into the air.
- As you jump up, bend your knees and aim to kick your bottom with your heels. Then, land back down on the balls of both feet at the same time. Keep repeating the rock-star jumps for one minute.

**Rest for 20 seconds and then do Exercise 2 – Burpees.**



### ► 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. Repeat the exercises three times.
- Start standing up straight and then jump upwards, reaching your hands up towards the sky. As you land, immediately begin to crouch down, placing your hands on the ground in front of you.
- Jump your legs out behind you to land in a press-up position with your body in a straight line, your toes tucked under and your back flat.
- Jump your feet back in behind your hands then jump up again, reaching your hands up towards the sky.
- Continue doing the burpees for one minute. Keep moving as quickly as you can while keeping good posture and control.

**Rest for 20 seconds and then do Exercise 3 – High Knees.**