

| Fitness Fun Activities – Workout 1   |  | Date | Completed |
|--|--|------|-----------|
| Aim for 40 seconds on in exercise, followed by 10 seconds of rest.   |  |      |           |
| <b>Mountain Climbers</b><br>Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!   |  |      |           |
| <b>Star Jumps</b><br>Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air. At the height of the jump, be sure to exclaim, “I’m a STAR!”   |  |      |           |
| <b>Burpees</b><br>Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.                 |  |      |           |
| <b>Shuttle runs for 1 minute</b><br>Set up cones or an object a few metres away. Sprint there and back continuously.   |  |      |           |
| <b>Leg Raises</b><br>Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.   |  |      |           |
| <b>Lunges</b><br>Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes.  |  |      |           |
| <b>Planks</b><br>Elbows on the floor and balanced on your tiptoes with a straight body. 30 seconds is considered the gold standard.  |  |      |           |
| <b>Butterfly Kicks</b><br>Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor. |  |      |           |
| Fitness Fun Activities – Workout 2   |  | Date | Completed |
| <b>This workout uses time rather than number of repetitions. Use a stopwatch or the timer on your phone.</b><br><b>Aim for 40 seconds of work, followed by 10 seconds of rest.</b>   |  |      |           |
| Skip for 1 minute continuously   |  |      |           |

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| <p>Squats</p> <p>See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet shoulder's width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.</p> |  |
| <p>Hop on one leg – complete on each leg</p>   |  |
| <p>Press ups on knees</p> <p>Hands are in line with your pectorals (chest muscles) and your body is straight. If you want to make it harder, try doing it without being on your knees but make sure your body is straight.</p>                       |  |
| <p>Crunch sit ups</p> <p>Lie down on your back and bend your legs and stabilize your lower body. Cross your hands to opposite shoulders. Lift your head and shoulder blades from the ground. Lower, returning to your starting point.</p>            |  |
| <p>Sprint on the spot</p>  |  |
| <p>Stand on one leg</p> <p>Eyes shut and balance – perform on both legs</p>  |  |
| <p>Rocket jumps</p> <p>Stand with your feet hip-width apart, legs bent and hands on your thighs. Jump up, driving your hands straight above your head and extending your entire body. Land softly, reposition your feet and repeat.</p>              |  |