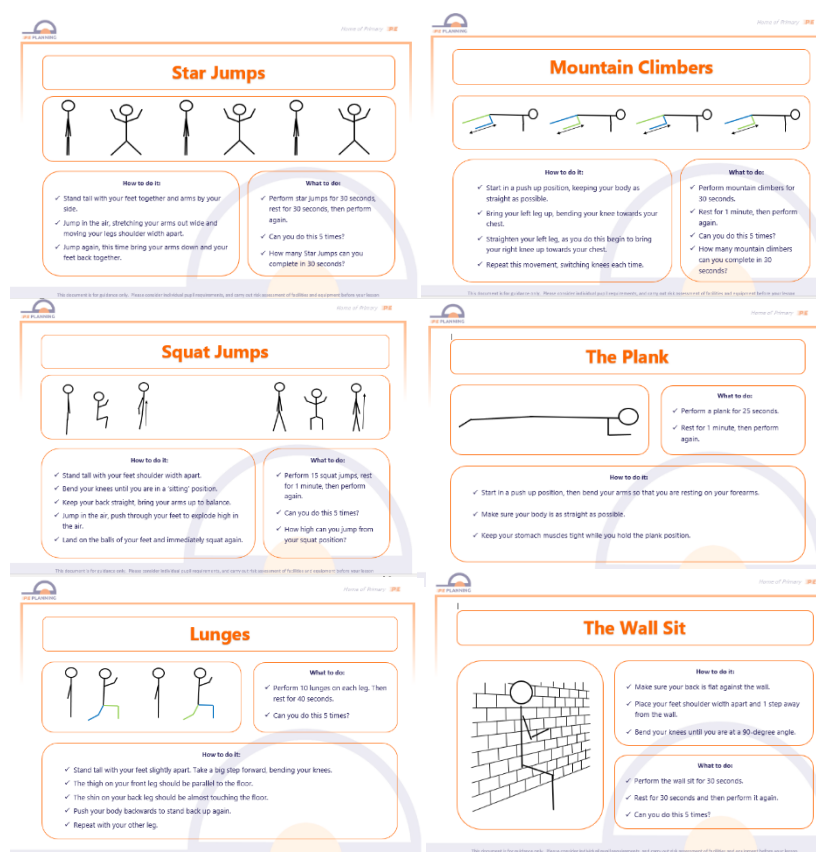


Family Fitness

Introduction:

- ✓ Create a space large enough for everyone to perform the exercises.
- ✓ Select the exercises you would like to use, and the order in which you are going to perform them.
- ✓ One or two people complete the first exercise whilst the others time.
- ✓ Swap over so everyone takes a turn at performing the exercise.
- ✓ Rest for a few minutes before moving onto the next exercise.
- ✓ When you have finished your workout, use the 'Static Stretches' activity to cool-down.



Star Jumps

How to do it:

- ✓ Stand tall with your feet together and arms by your sides.
- ✓ Jump in the air, stretching your arms out wide and moving your legs shoulder width apart.
- ✓ Jump again, this time bring your arms down and your feet back together.

What to do:

- ✓ Perform star jumps for 30 seconds, rest for 30 seconds, then perform again.
- ✓ Can you do this 5 times?
- ✓ How many Star Jumps can you complete in 30 seconds?

Mountain Climbers

How to do it:

- ✓ Start in a push up position, keeping your body as straight as possible.
- ✓ Bring your left leg up, bending your knee towards your chest.
- ✓ Straighten your left leg, as you do this begin to bring your right knee up towards your chest.
- ✓ Repeat this movement, switching knees each time.

What to do:

- ✓ Perform mountain climbers for 30 seconds.
- ✓ Rest for 1 minute, then perform again.
- ✓ Can you do this 5 times?
- ✓ How many mountain climbers can you complete in 30 seconds?

Squat Jumps

How to do it:

- ✓ Stand tall with your feet shoulder width apart.
- ✓ Bend your knees until you are in a 'sitting' position.
- ✓ Keep your back straight, bring your arms up to balance.
- ✓ Jump in the air, push through your feet to explode high in the air.
- ✓ Land on the balls of your feet and immediately repeat again.

What to do:

- ✓ Perform 15 squat jumps, rest for 1 minute, then perform again.
- ✓ Can you do this 5 times?
- ✓ How high can you jump from your squat position?

The Plank

How to do it:

- ✓ Start in a push up position, then bend your arms so that you are resting on your forearms.
- ✓ Make sure your body is as straight as possible.
- ✓ Keep your stomach muscles tight while you hold the plank position.

What to do:

- ✓ Perform a plank for 25 seconds.
- ✓ Rest for 1 minute, then perform again.

Lunges

How to do it:

- ✓ Stand tall with your feet slightly apart. Take a big step forward, bending your knees.
- ✓ The thigh on your front leg should be parallel to the floor.
- ✓ The shin on your back leg should be almost touching the floor.
- ✓ Push your body backwards to stand back up again.
- ✓ Repeat with your other leg.

What to do:

- ✓ Perform 10 lunges on each leg. Then rest for 40 seconds.
- ✓ Can you do this 5 times?

The Wall Sit

How to do it:

- ✓ Make sure your back is flat against the wall.
- ✓ Place your feet shoulder width apart and 1 step away from the wall.
- ✓ Bend your knees until you are at a 90-degree angle.

What to do:

- ✓ Perform the wall sit for 30 seconds.
- ✓ Rest for 30 seconds and then perform it again.
- ✓ Can you do this 5 times?