

HEALTH AND FITNESS ACTIVITIES FROM HOME

WEEK 1 WORKOUT 1

LIFE'S A CLIMB... BUT THE VIEW IS GREAT

- Stack set - Add 1 rep to every exercise every round.
- Begin by completing 1 rep of each exercise.
- 2nd round, complete 2 reps of each exercise
- Continue until you complete 10 reps of each exercise
- For an additional challenge, after completing the workout, begin at 10 again and travel back down to 1.ouch!

LUNGES



Fitness component:
Muscular Endurance

- Start by standing with your hands by your side
- Take a large step forward
- Ensure your knee does not extend beyond your toes
- If it is, you need to lower your back knee more
- Bring your feet back together
- Repeat with opposite leg

SIT UPS



Fitness component:
Muscular endurance

- Lay down and make sure your knees are bent at a 90 degree angle
- Place your feet firmly on the ground
- Curl your upper body all the way up toward your knees

STAR JUMPS



Fitness component:
Aerobic capacity

- Stand upright with your legs together, arms at your sides.
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart.
- Stretch your arms out and over your head.
- Jump back to starting position.

SQUATS



Fitness component:
Muscular endurance

- Start with feet shoulder width apart
- Sit back and down like you're sitting into an imaginary chair.
- Try to make sure your knees don't pass over the line of your toes

HEALTH AND FITNESS BINGO

Over the course of the next 2 weeks, tick off as many items as you can. I can't wait to see how many you complete when we check in next! Film each one and keep a diary!

2-minute plank hold	Run 1km without stopping	Complete a 20 minute pilates session using YouTube	Play outside for 30 minutes	Complete 10 sprints of at least 20 metres	Find a bench and complete 20 step-ups	Assist your family by completing 3 chores you normally wouldn't do
Aim to complete a gratitude journal for 5 days	Complete 30 squats	Challenge a friend #star jumps	Go for a bike ride	Download the smiling mind app and complete 1 mindfulness session	3-minute plank hold	Complete 30 sit-ups
Garden for 1 hour	Bake a healthy snack in the kitchen	Create your own 20-minute circuit and complete it	Practice handstands or cartwheels for half an hour	2-minute wall sit	Switch off your phone for 2 whole hours	Stretch for 20 minutes
Complete a 20 minute aerobics session using YouTube	Complete a 30-minute walk outside	Actively play with a pet for an hour	Challenge a family member to a plank off	Complete 30 lunges	Cook dinner for your family	Write a letter to someone you appreciate and tell them why

WEEK 2 WORKOUT 2

WHY DON'T YOU CALL ME ON MY CELLPHONE

- Complete exercises that correspond to your phone number!
- 40 seconds of work, 20 seconds of rest. Use the timer on your phone to assist you with this.
- Once you complete it, have a 2-minute rest
- After your rest, complete a parent's phone number as well

- 0- HIGH KNEES
- 1- SIT-UPS
- 2- PUSH-UPS
- 3- SQUATS
- 4- STAR JUMPS
- 5- TUCK JUMPS
- 6- BURPEES
- 7- WALL SIT
- 8- WALKING LUNGES
- 9- STEP-UPS

HEALTH AND FITNESS BINGO

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WORK-OUT REGIME

Over the course of the next 2 weeks we are challenging you to complete 2, 20-30 minute workouts a week!

We have attached the exercises for you. Check technique carefully!

We'd rather you go slow and steady than rush it and risk injury.

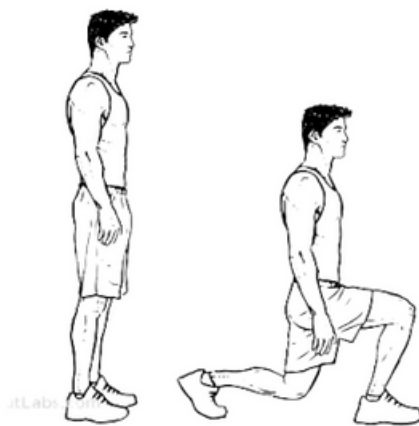
Ask a family member to join you for some extra fun

WEEK 1 WORKOUT 1

LIFE'S A CLIMB... BUT THE VIEW IS GREAT

- Stack set - Add 1 rep to every exercise every round,
- Begin by completing 1 rep of each exercise.
- 2nd round, complete 2 reps of each exercise
- Continue until you complete 10 reps of each exercise
- For an additional challenge, after completing the workout, begin at 10 again and travel back down to 1..ouch!

LUNGES



Fitness component:
Muscular Endurance

- Start by standing with your hands by your side
- Take a large step forward
- Ensure your knee does not extend beyond your toes
- If it is, you need to lower your back knee more
- Bring your feet back together
- Repeat with opposite leg

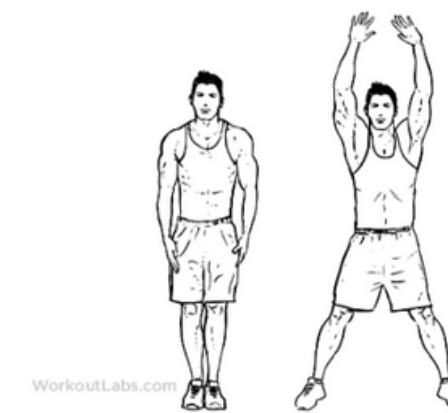
SIT UPS



Fitness component:
Muscular endurance

- Lay down and make sure your knees are bent at a 90 degree angle
- Place your feet firmly on the ground
- Curl your upper body all the way up toward your knees

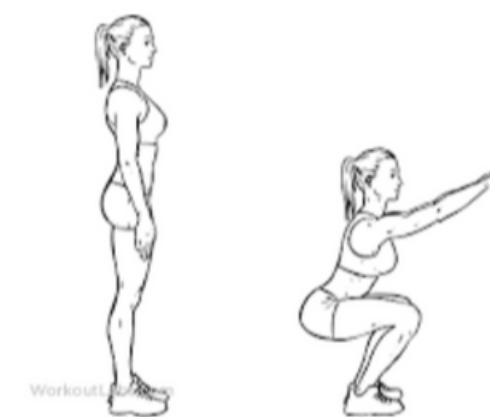
STAR JUMPS



Fitness component:
Aerobic capacity

- Stand upright with your legs together, arms at your sides.
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart.
- Stretch your arms out and over your head.
- Jump back to starting position.

SQUATS



Fitness component:
Muscular endurance

- Start with feet shoulder width apart
- Sit back and down like you're sitting into an imaginary chair.
- Try to make sure your knees don't pass over the line of your toes

WEEK 1 WORKOUT 2

DROP THE BEAT DOWN LOW

- Complete each set of exercises below
- Ensure you take care with technique.
- Slow and steady is okay!

100 - star jumps

90 - Flutter kicks

80- sit-ups

70- lunges

60- second plank

50- High knees

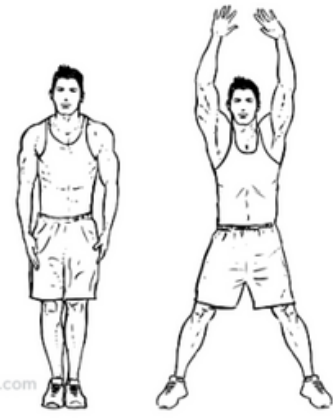
40- squats

30- squats

20- burpees

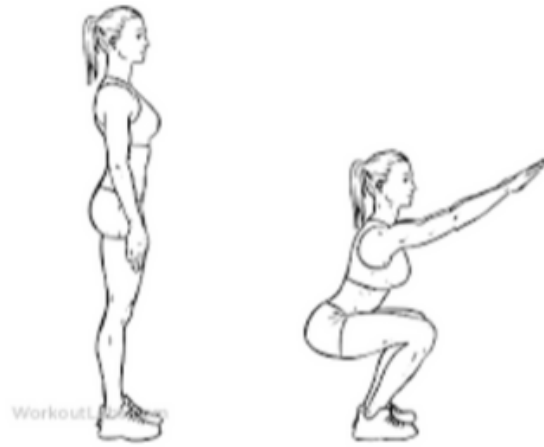
10- push-ups

STAR JUMPS



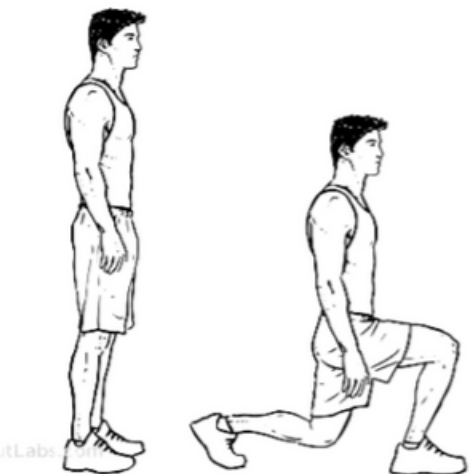
Fitness component:
Aerobic capacity

SQUATS



Fitness component:
Muscular endurance

LUNGES



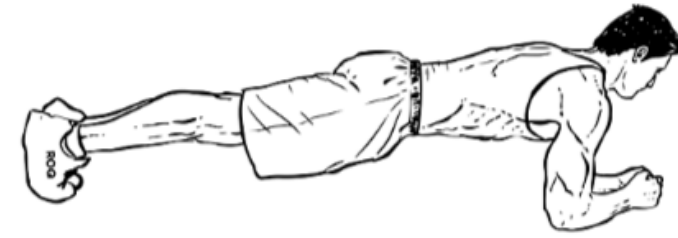
Fitness component:
Muscular endurance

SIT UPS



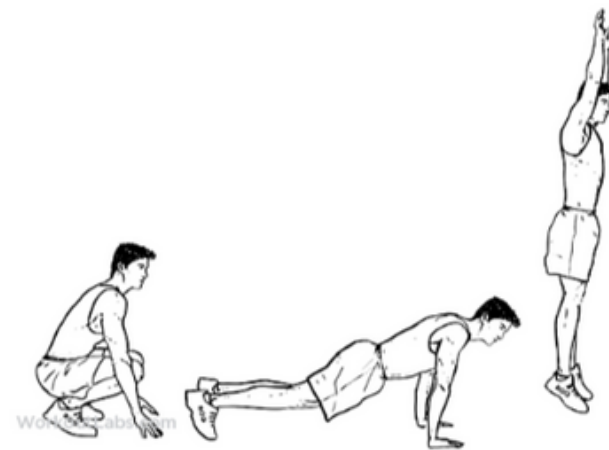
Fitness component:
Muscular endurance

PLANK



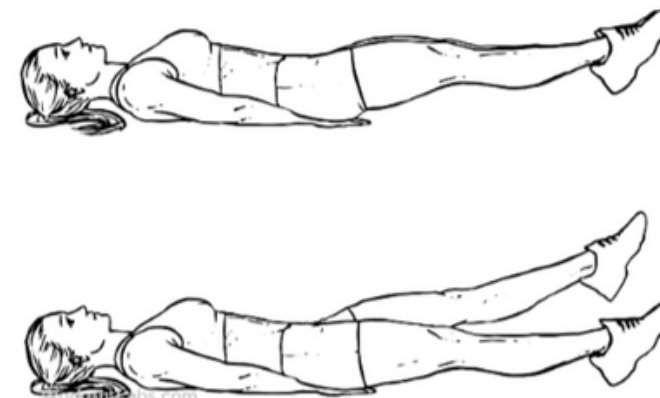
Fitness component:
Muscular endurance

BURPEES



Fitness component:
Muscular endurance, aerobic capacity

FLUTTER KICKS



Fitness component:
Muscular endurance

PUSH UPS



Fitness component:
Muscular endurance

- Get in the pushup position, only put your forearms on the ground instead of your hands.
- Squeeze your gluteals and tighten your abdominals.
- Create a straight, strong line from head to toes
- Hold that position

- Start with feet shoulder width apart
- Spring back and land in a plank position
- Try to tap your chest to the ground if you can
- Spring your feet back toward your feet, aiming to keep your feet flat on the ground
- Jump up and clap your hands above your head

- Lay on your back with your hands by your side
- lift legs slightly and alternate stacking your feet on top of one another
- Hold your stomach for a core burn

- With your legs extended back, place your hands beneath your shoulders
- Press your chest toward the ground then extend your arms
- Ensure your body is in a plank position the entire time.
- Drop down to your knees if it is too difficult
- For a challenge, bring your hands closer together

EXERCISES

1000

BICYCLES



Fitness component:
Muscular endurance

- Lay on your back with arms placed behind your head
- Lift your legs slightly off the ground
- Alternating between your legs, aim for your knee to tap your opposite elbow
- Squeeze your abs

WEEK 2 WORKOUT 1

UNO YOU'LL ENJOY THIS ONE

- Grab a deck of uno cards.
- If those aren't available, find any playing deck of cards
 - Red/clubs- Burpees, Blue/hearts - Star Jumps
 - Yellow/diamonds - Sit-ups, Green/spades - Squats
- Complete the number of reps, as represented by the number on the card
- Continue this for a total of 25 minutes



WEEK 2 WORKOUT 2

WHY DON'T YOU CALL ME ON MY CELLPHONE

- Complete exercises that correspond to your phone number!
- 40 seconds of work, 20 seconds of rest. Use the timer on your phone to assist you with this.
- Once you complete it, have a 2-minute rest
- After your rest, complete a parents phone number as well

0- HIGH KNEES

1- SIT-UPS

2- PUSH-UPS

3- SQUATS

4- STAR JUMPS

5- TUCK JUMPS

6- BURPEES

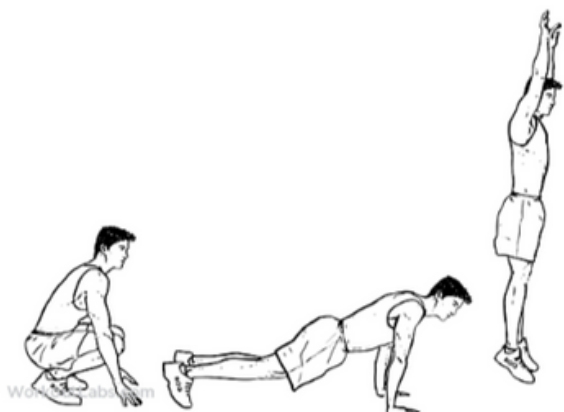
7- WALL SIT

8- WALKING LUNGES

9- STEP-UPS

BONUS WORKOUT

BURPEES



Fitness component:
Muscular endurance, aerobic capacity

- Start with feet shoulder width apart
- Spring back and land in a plank position
- Try to tap your chest to the ground if you can
- Spring your feet back toward your feet, aiming to keep your feet flat on the ground
- Jump up and clap your hands above your head

X 5

ROUND THE TWIST

- Rounds for time (RFT)
- Complete each set of exercises to finish 1 round
- Complete 6 whole rounds
- Time yourself and record your time

LUNGE KICKS



Fitness component:
Flexibility, Muscular endurance, Balance

- Start by taking a large step forward into a lunge
- Ensure your knee does not extend beyond your toes
- If it is, you need to lower your back knee more
- Stand up and kick your leg in the air
- Repeat with opposite leg
- *If you are feeling pain, you need to reduce the height of your kick

X 10

PLANK

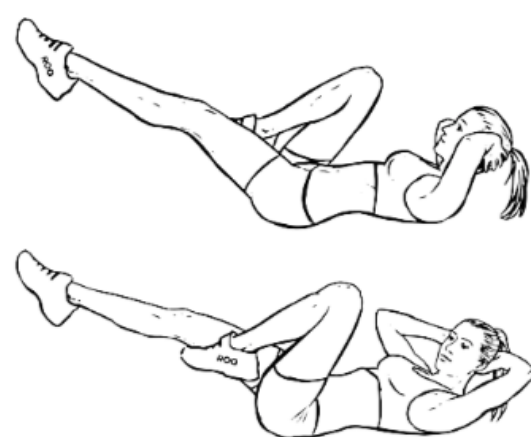


Fitness component:
Muscular endurance

- Get in the pushup position, only put your forearms on the ground instead of your hands.
- Squeeze your gluteals and tighten your abdominals.
- Create a straight, strong line from head to toes
- Hold that position

X 30
SECONDS

BICYCLES



Fitness component:
Muscular endurance

- Lay on your back with arms placed behind your head
- Lift your legs slightly off the ground
- Alternating between your legs, aim for your knee to tap your opposite elbow
- Squeeze your abs

X 20

STAR JUMPS



Fitness component:
Aerobic capacity

- Stand upright with your legs together, arms at your sides.
- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart.
- Stretch your arms out and over your head.
- Jump back to starting position.

X 40