



# Home Activity Pack



## Day 1

30 secs each exercise, 30 seconds rest, repeat 4 times.

**High Knees** - running on the spot bringing your knees high towards your chest. Keep chest up

**Standing Lunges** - stand two feet together take a big step forward with one leg, bend your front knee and stand back up. Repeat with other leg.

**Sit ups** - lie on your back with knees bent, feet flat on floor. Put your hands on your thighs and by squeezing your tummy muscles run your hands up your legs towards your knees and back down.

**Plank** - lie face down, lift yourself onto your elbows and forearms and curl toes under. Keep your back flat and hold that position.



## Day 2

30 secs each exercise, 30 seconds rest, repeat 4 times.

Circle right arm back

Circle left arm back

Circle right arm forward

Circle left arm forward

Hold both arms out straight



## Day 3

30 secs each exercise, 30 seconds rest, repeat 4 times.

**Mountain Climbers** - Start off in a press up position on the floor and run horizontally on the floor. Keep your back straight.

**Squats** - Feet shoulder width apart and bend the knees so your bottom goes down towards the floor. Bring your arms out in front of you as you bend down and back up.

Jog on spot punching hands up

Jog on spot punching hands out



## Day 4

30 secs each exercise, 30 seconds rest, repeat 4 times.

**Star Jumps**

**Sprint on the spot**

**Big Jumps** - take a big jump forward with two feet together and fast feet backwards to the start

**Get Ups** - Lie on your back get up to standing position and lie back down



## Day 5

**The Plank** - lie face down, lift yourself onto your elbows and forearms and curl toes under. Keep your back flat and hold that position.

Hold the plank for:

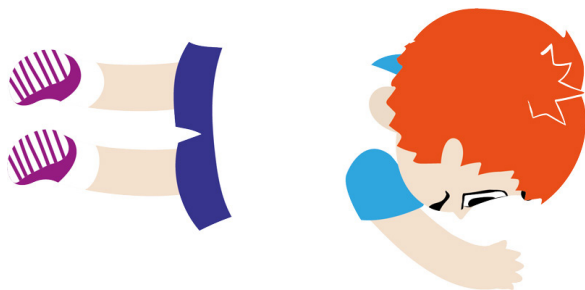
15 secs - rest for 30 seconds

30 secs - rest for 30 seconds

45 secs - rest for 30 seconds

1 minute - rest for 30 seconds

Repeat 4 times



## Day 6

30 secs each exercise, 30 seconds rest, repeat 4 times.

Hop on right leg

Hop on left leg

**Sit ups** - lie on your back with knees bent, feet flat on floor. Put your hands on your thighs and by squeezing your tummy muscles run your hands up your legs towards your knees and back down.

**Press ups** - if struggling with a press up, drop your knees to the floor.



## Day 7

30 secs each exercise, 30 seconds rest, repeat 4 times.

**Strength Balance right** - stand on your right leg with left leg out straight in front

**Strength Balance left** - stand on your left leg with right leg out straight in front

**Blind Balance right** - stand on your right leg with your eyes closed

**Blind Balance left** - stand on left leg with your eyes closed



## Day 8

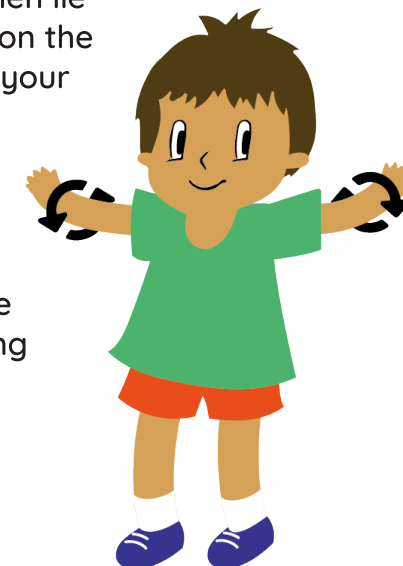
30 secs each exercise, 30 seconds rest, repeat 4 times

**Mountain Climbers** - Start off in a press up position on the floor and run horizontally on the floor.

**Chair Dips** - Sit on a chair (kitchen / dining room chairs are best). Put your bottom on the edge of the front of the chair, with your hands holding onto the chair at your sides. Feet shoulder width apart, lift your bottom off the floor and dip it towards the floor. To make it harder, straighten your legs and then dip down.

**Knee Pull Ups** - Sit on the floor and put your legs out straight in front of you. Then lie back slightly and put your elbows on the floor. Then bring your knees up to your chest and back out straight again without putting them on the floor, repeat.

**Arm Circles** - Stand up with your arms out straight to the side, make small circles with your arms keeping them straight out not bent.



## Day 9

30 secs each exercise, 30 seconds rest, repeat 4 times

**Jog on the spot**

**High Knees** - lift your knees and pump your arms (left arm forward, right knee up / right arm forward, left knee up)

**Sprint on the spot** - move your feet as fast as you can

**Heel Flicks** - kick your feet up backwards behind you trying to kick your bottom with your heels



## Day 10

30 secs each exercise, 30 seconds rest, repeat 4 times

**Jumping Jacks** - Stand with your legs together and hands down by your sides. Jump in the air and at the same time widen your legs and bring your arms together to meet above your head. On your way down again, bring your arms to your sides and your feet together again. Repeat.

**Shoulder Taps** - Start off in the press up position. Then slowly lift one hand off the floor to touch the opposite shoulder. Then put your hand back to the floor and repeat with the opposite hand to the other shoulder.

**Wall Sit** - Stand with your back to the wall, lean against the wall and slide your bottom down until your knees are at a 90 degree angle with the wall. Hold that position.

**Spiderman** - Start in the press up position then bring your right foot to the outside of your right hand and back. Then left foot to the outside of your left hand and back. Repeat.



## Day 11

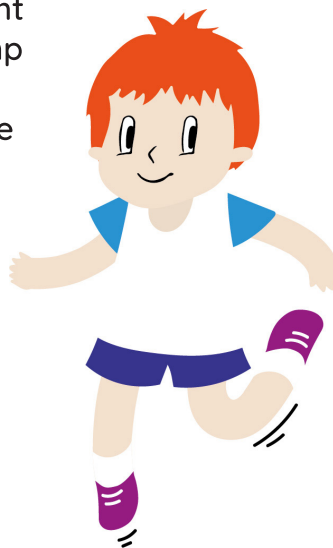
30 secs each exercise, 30 seconds rest, repeat 4 times

**Bunny Hops** - Stand with both feet together, swing your arms back, bend your knees and jump forward with 2 feet, landing on both feet in front of you. Jump again a total of three jumps and then jog backwards to your starting point.

**Sit Ups** - Lie on your back with knees bent, feet flat on floor. Put your hands on your thighs and by squeezing your tummy muscles run your hands up your legs towards your knees and back down.

**Side shuffles** - Stand with both feet together and then side shuffle for 3 steps to the left. Then repeat with three side shuffle steps to the right.

**Jumping Lunges** - Stand with your right leg back and left leg forward then jump up and switch legs so your right leg is forward and your left leg is back. Make sure you bend your knees when you land.



## Day 12

30 secs each exercise, 30 seconds rest, repeat 4 times

**Hopping Left** - Hop on your left leg

**Hopping Right** - Hop on your right leg

**Wall Press Ups** - Lean against the wall with your arms straight and shoulder width apart. Bend your arms and lean forward so your nose gets as close to the wall as you can and push away.

**Squats** - Feet shoulder width apart and bend the knees so your bottom goes down towards the floor. Bring your arms out in front of you as you bend down.



## Day 13

30 secs each exercise, 30 seconds rest, repeat 4 times

**Running on the Spot (wide & skinny)** - Run on the spot with legs close together then move feet wide apart and back together.

**Chair Dips** - Sit on a chair (kitchen / dining room chairs are best). Put your bottom on the edge of the front of the chair, with your hands holding onto the chair at your sides. Feet shoulder width apart, lift your bottom off the floor and dip it towards the floor. To make it harder, straighten your legs and then dip down.

**Sit ups** - Lie on your back with knees bent, feet flat on floor. Put your hands on your thighs and by squeezing your tummy muscles run your hands up your legs towards your knees and back down.

**High Knees, Punching Out** - Run on the spot lifting your knees as high as possible whilst punching out in front of you.



## Day 14

30 secs each exercise, 30 seconds rest, repeat 4 times

**Plank** - lie face down, lift yourself onto your elbows and forearms and curl toes under. Keep your back flat and hold that position.

**Squats** - Feet shoulder width apart and bend the knees so your bottom goes down towards the floor. Bring your arms out in front of you as you bend down.

**Tummy Burner** - Lie on your back with your legs straight out in front of you. Lift both legs off the floor a little bit and hold in that position (to make it a bit easier tuck your hands under your bottom)

**Bridge** - Lie on your back with your feet flat on the floor with your knees bent. Lift hips up towards the ceiling, lifting your bottom off the floor but keeping your shoulders on the floor, then drop hips back to the floor.

