

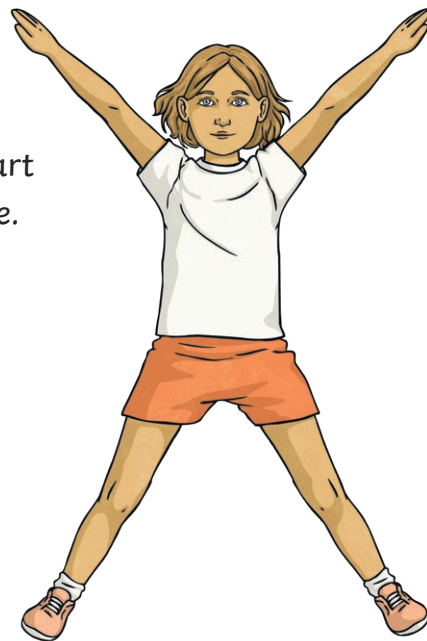


► Equipment

- 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 up straight, with your legs together and your arms by your side.
- Jump both feet out to the side at the same time and lift both arms to create a star shape in the air.
- Bring both feet back in at the same time and bring your arms back down to your sides before landing.
- Keep repeating the star jump movement for one minute.



Rest for 20 seconds and then do Exercise 2 – Mountain Climbers.



► 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 in a press-up position with your hands on the ground, your body in a straight line with your toes tucked under and your back flat.
- Bring one knee underneath your body and up to your chest, then quickly straighten out the leg behind you, landing back down on your toes as you bring the other knee up underneath you.
- Keep moving quickly, alternating legs and staying light on your toes for one minute.



Aim to keep your tummy muscles tight and stay in the press-up position throughout with your back as flat as you can.

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



► 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.
- Keeping on the balls of your feet, lift one knee up and then the other as high as you can. Move quickly and fluently, pumping your arms to help you.

Continue the high knees exercise for one minute.

Rest for 20 seconds. Now, repeat Exercise 1, 2, and 3 twice more (x2).

