

# Fitness

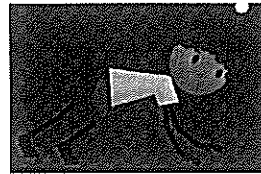
Remember to warm up.

Create a fitness circuit / activity for you and your family to complete. You may choose from the following options below or be creative around your house eg a running track or obstacle course. You may choose all of the suggestions below or some of them. Create a time eg. 60 seconds on per activity / 20 seconds rest between. Test the routine to see that it is suitable for the family.

Mountain Climbers



Star jumps



Bear crawls



Sit Ups

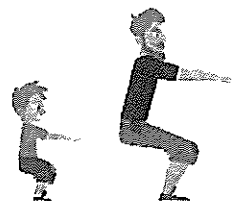
Burpee



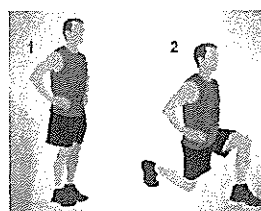
Leg Raises single leg / double on back



Squats



Lunges



## Workout videos online

You may get some suggestions from the following videos or attempt to complete these workouts yourself.

- Kids Workout 1 Beginners

[https://www.youtube.com/watch?reload=9&v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?reload=9&v=L_A_HjHZxfI)

- Kids Workout

<https://www.youtube.com/watch?v=dhCMOC6GnrY>

- Yoga for Kids

<https://www.youtube.com/watch?v=X655B4ISakg>

- Just Dance – Footloose

<https://www.youtube.com/watch?v=5TBmPNYjMsU>

- Just Dance – Shake it off

[https://www.youtube.com/watch?v=l3u\\_gaOPCGk](https://www.youtube.com/watch?v=l3u_gaOPCGk)

Sally Up Sally Down (squats / push ups / leg raises / sit ups / plank / glute bridge from back position)

<https://www.youtube.com/watch?v=Q9cnrvL4Apc>

- Choreograph a dance to an appropriate song that you like  
Eg. Dance Monkey.

You may teach your teacher or classmates when we return.

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