

	Morning	Mid-morning	Lunch	Afternoon	Early evening (relax and stretch)
Monday	How many star jumps can you achieve in 2 mins?	Flutter kicks x20 X 5 sets	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Sit up challenge how many in 1 min?	Stand balanced lift each leg in turn and hold for 30secs each
Tuesday	Windmill body stretches x15 rest and repeat x3	Alternate arms to imitate boxing punches, the faster you punch the harder it is.	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Can you lunge from 1 side of a room to another or use the garden?	Sitting down reach for your toes or as far as you can hold for 45 seconds
Wednesday	March on spot get knees as high as you can to get heart rate up	Body crunches X10 in each set do max of 5 sets	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Collect sticks build a ladder on the floor, jog in and out of the ladder sections.	Do the bridge lift hold for 30sec repeat x5
Thursday	Mountain climbers (press up position bringing knees into tummy) x15 x3sets	Squats x5 then hold 1 for 10seconds and repeat x3	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Hold long can you hold the wall sit for?	Sit up and hug your legs in tight, rock gently back and forth release and repeat
Friday	How many star jumps can you achieve in 2 mins? Can you beat Monday?	Use a tin or small weighted object-x5 kettle bell swings rest 10 secs and repeat x5	ENUSRE TO HAVE HEALTHY BALANCED LUNCH MEAL! INCLUDE WATER AND FRUIT/VEG	Scissor jumps for 2 mins	Arm stretches bring arm cross your body hold for 10-15 secs and repeat for other arm

Please remember these are short bursts of exercise to help you get up and get moving from the comfort of your own home/outdoors. It is advised to be active for 60mins per day. Have fun!