

**Physical Activity workouts for children and parents at home – follow the sequence of exercises for 10mins each day. A new progressive programme will be released each week.**

45  
SEC

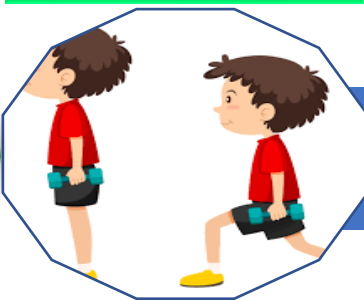
EXERCISE

ROUND 1

REST


15  
SEC

Exercise 1




The LUNGE

Exercise 2




SHOULDER Tap

Exercise 3



JUMPING Jacks

Exercise 4



Tall PLANK

2  
MIN

REST

RECOVER

30  
sec



30  
sec



30  
sec



30  
sec



ROUND 2

– AMRAP  
(as many  
reps as  
possible) in  
30secs then  
move to next  
exercise –  
**NO REST!**

WEEKLY CHALLENGE

– complete as many **STAR JUMPS** in 1min as you can and send us the video

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45  
SEC

EXERCISE

ROUND 1

REST

15  
SEC

Exercise 1

PLANK Jack

Exercise 2

Bodyweight SQUAT

Exercise 3

WALK Out

Exercise 4

SIDE 2 SIDE hops

2  
MIN

R  
E  
S  
T

R  
E  
C  
O  
V  
E  
R

30  
SEC

30  
SEC

30  
SEC

30  
SEC

ROUND 2

– AMRAP  
(as many  
reps as  
possible) in  
30secs then  
move to next  
exercise –  
**NO REST!**

**WEEKLY CHALLENGE** – Handpass/throw and catch balls. How many can you do in 1min and send us video



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45 SEC

EXERCISE

ROUND 1

REST 15 SEC

Exercise 1

SQUAT Jump

Exercise 2

PLANK Up

Exercise 3

SKATER Jump

Exercise 4

SUPERMAN Holds

2 MIN

R  
E  
S  
T

R  
E  
C  
O  
V  
E  
R

30 sec

30 sec

30 sec

30 sec

ROUND 2

— AMRAP (as many reps as possible or hold position) 30secs then move to next exercise – **NO REST!**

WEEKLY CHALLENGE

- Time yourself putting on and taking off 5 jerseys and send us video..

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45  
SEC


EXERCISE

ROUND 1

REST


15  
SEC

Exercise 1




PLANK Jack

Exercise 2



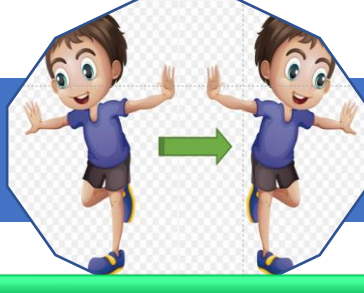
Bodyweight SQUAT

Exercise 3



WALK Out

Exercise 4



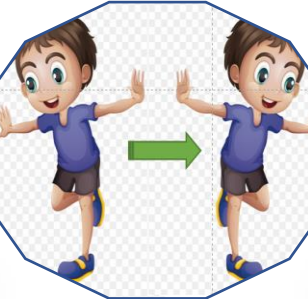
SIDE 2 SIDE hops

2  
MIN


REST

RECOVER


30  
sec




30  
sec



30  
sec



30  
sec



ROUND 2

– AMRAP  
(as many  
reps as  
possible) in  
30secs then  
move to next  
exercise –  
**NO REST!**

WEEKLY CHALLENGE

– Handpass/throw and catch balls. How many can you do in 1min and send us video