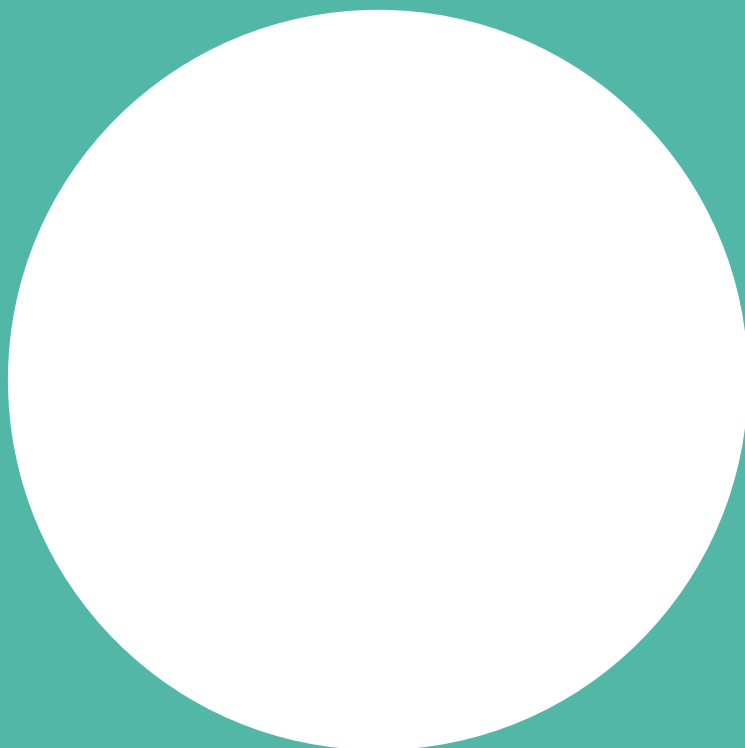


# PUSH-UPS



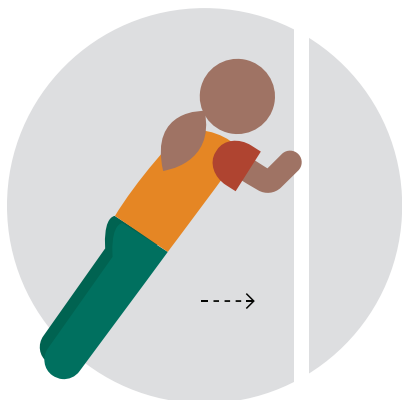
# PUSH UPS

## Wall Push-ups



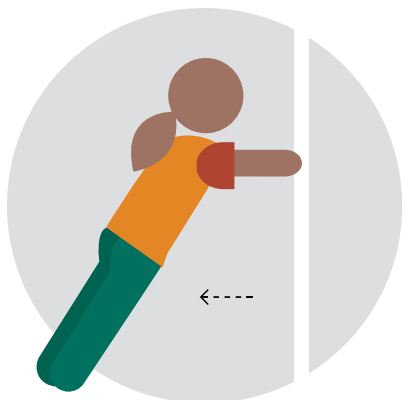
### STEP 1

Hold your hands straight out to the wall and take one step backwards



### STEP 2

Keeping your body straight, bend your elbows until your body almost touches the wall



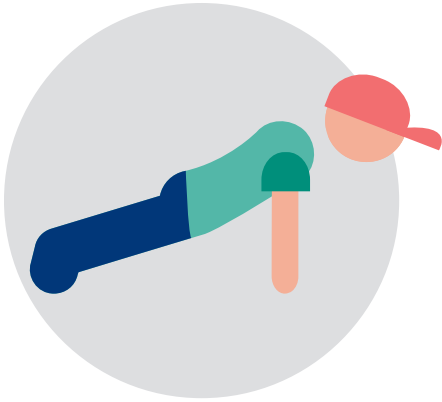
### STEP 3

Push back against the wall

LEVEL  
2

# PUSH UPS

## Knee Push-ups



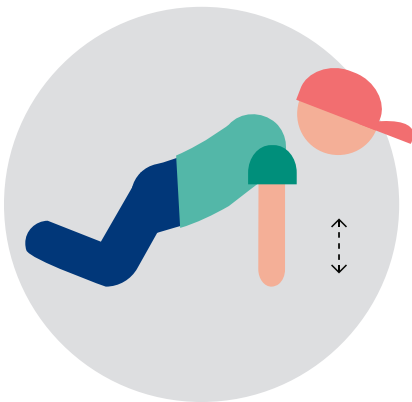
### STEP 1

Start in a plank position and drop your knees to the ground



### STEP 2

Keeping your body straight, bend your elbows until your body almost touches the ground



### STEP 3

Push back up away from the ground

LEVEL  
3

# PUSH UPS

## Toe Push-ups



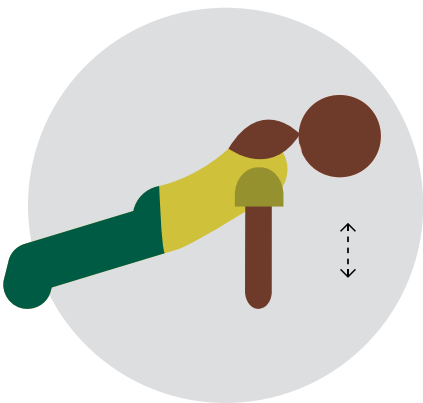
### STEP 1

Start in a plank position with a straight line from your toes to your head



### STEP 2

Keeping your body straight, bend your elbows until your body almost touches the ground



### STEP 3

Push back up away from the ground

# SQUATS



# SQUATS

## Wall Sits



### STEP 1

With feet hip-width apart, imagine you are sitting on a chair against the wall



### STEP 2

Bend your knees until your thighs are parallel with the ground



### STEP 3

Stay in this position for as long as you can

# SQUATS

## Squats



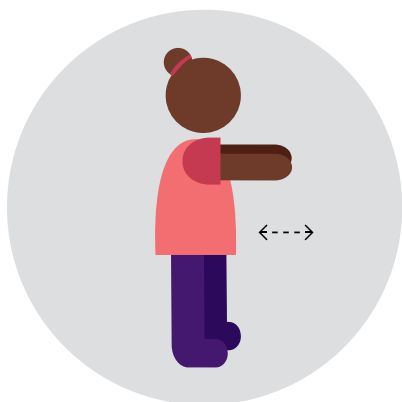
### STEP 1

Start by standing with feet hip-width apart and arms straight out



### STEP 2

Bend your knees until your thighs are parallel with the ground



### STEP 3

Hold for 2 seconds, push back up to standing and repeat

# SQUATS

## Jump Squats



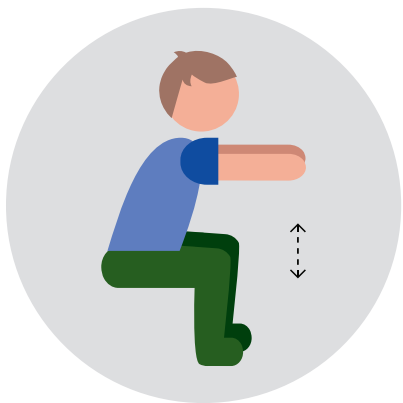
### STEP 1

With feet hip-width apart and back straight, do a regular squat



### STEP 2

Jump up as high as you can while raising your arms in the air



### STEP 3

Land softly in your starting squat position and jump as many times as you can



# BALANCE



# BALANCE

## Stork Stance



### STEP 1

Stand on one foot and press your other foot against the side of your leg



### STEP 2

Hold this position without falling for as long as you can



### STEP 3

Switch legs and stand on your other foot

# BALANCE

## Stork Stance - Eyes Closed



### STEP 1

Close your eyes while doing the stork stance



### STEP 2

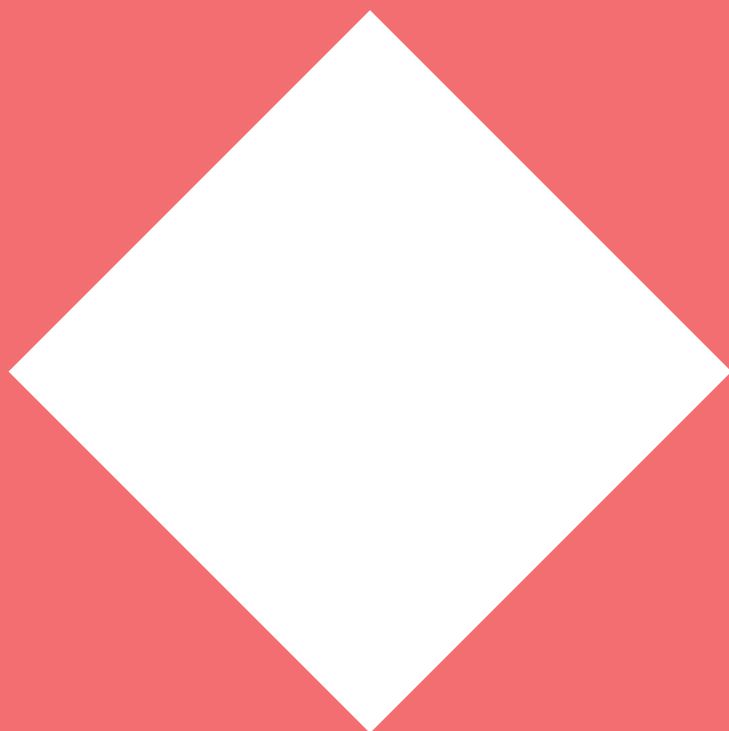
Hold this position without falling for as long as you can



### STEP 3

Switch legs and stand on your other foot

# CARDIO



# CARDIO

## Jumping Jacks



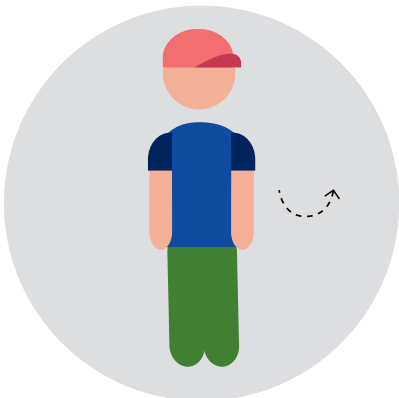
### STEP 1

Start with your feet together and arms to the side



### STEP 2

Jump so that your feet are wide and your arms are over your head like a star



### STEP 3

Quickly jump back to starting position and repeat continuously

# CARDIO

## High Knees



### STEP 1

Start by standing with feet shoulder-width apart



### STEP 2

Lift your right knee as high as your hips and raise your opposite arm



### STEP 3

Switch quickly so that your left knee is up when your right foot lands

LEVEL  
**3**

# CARDIO

## Star Jumps



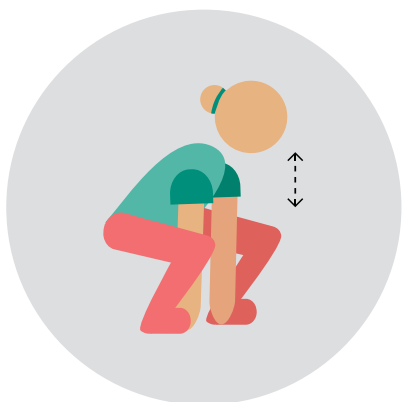
### STEP 1

Start in a squat position with your hands on the ground



### STEP 2

Jump so that your feet are wide and your arms are over your head like a star



### STEP 3

Land softly in the starting position and repeat

# LUNGES





# LUNGES

## Holding Lunges



### STEP 1

Start with one foot in front of the other by making one large step



### STEP 2

Lower into a lunge by bending your knees until your front thigh is parallel with the ground



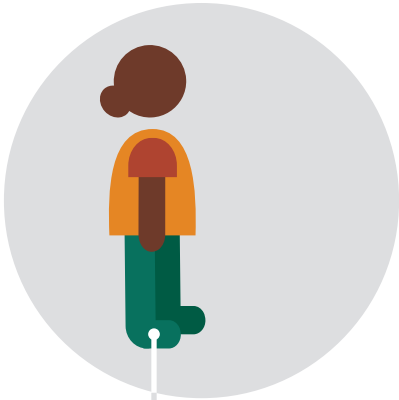
### STEP 3

Hold this position for as long as you can and repeat on the other leg

LEVEL  
**2**

# LUNGES

## Stepping Lunges



### STEP 1

Start by standing with feet hip width apart



### STEP 2

Make a large step with one foot, bending your knees until the front thigh is parallel with the ground



### STEP 3

Push back up until you are standing again and switch legs

# LUNGES

## Jumping Lunges



### STEP 1

Start by doing a regular lunge with one foot in front of the other



### STEP 2

Jump as high as you can, switching your front and back feet



### STEP 3

Land softly in another lunge with your opposite foot forward

# CORE Bent Knee V-Sits



# CORE: BENT KNEE V-SITS

## V-Sit Hold



### STEP 1

Sit on your bum and bend your legs



### STEP 2

Lean slightly back with your hands flat on the floor behind you



### STEP 3

Lift your feet off the ground and hold

LEVEL  
**2**

# CORE: BENT KNEE V-SITS

## V-Sit Arms



### STEP 1

Sit on your bum and bend your legs



### STEP 2

Lean slightly back and lift both your hands and feet off the ground



### STEP 3

Hold for as long as you can

LEVEL  
**3**

# CORE: BENT KNEE V-SITS

## V-Sit Twists



### STEP 1

Sit on your bum and bend your legs



### STEP 2

Lift both your feet and hands off the ground



### STEP 3

Hold your hands together and move them from one side to another

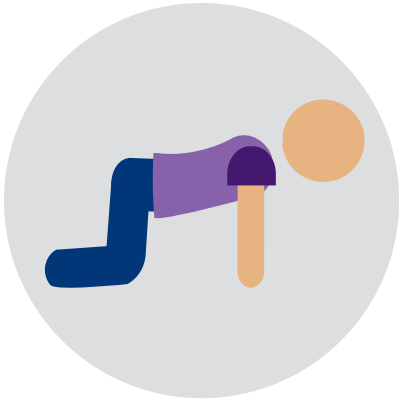
# CORE Planks





# CORE: PLANKS

## Knee Planks



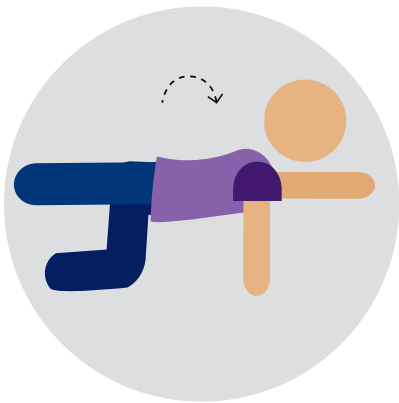
### STEP 1

Start on the floor on your hands and knees



### STEP 2

Keeping your back straight, lift your left arm and right leg off the ground



### STEP 3

Hold this position for as long as you can and then switch to your other arm and leg

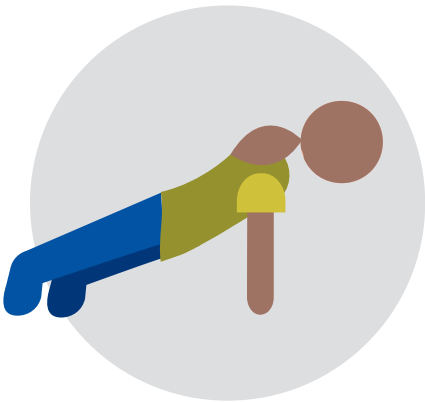
# CORE: PLANKS

## Straight-Arm Planks



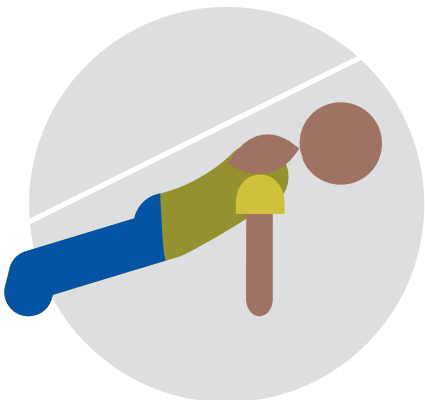
### STEP 1

Start on the floor on your hands and knees



### STEP 2

Straighten your legs behind you, one foot at a time, so that your body is a straight line from your ankles to your head and hold



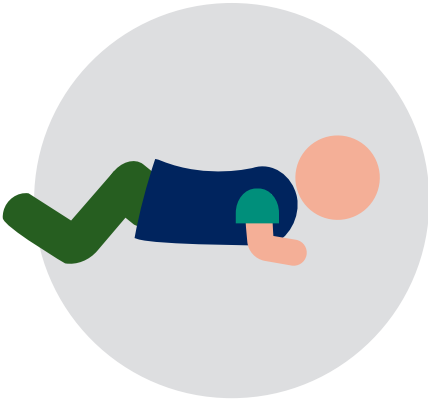
### STEP 3

Keep your back straight by lowering your bum to the ground

LEVEL  
**3**

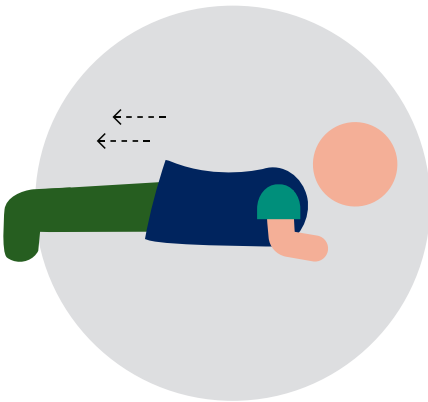
# CORE: PLANKS

## Elbow Planks



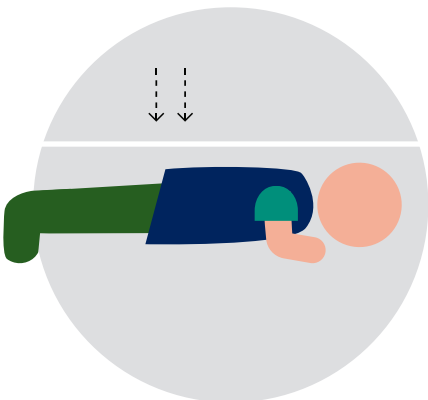
### STEP 1

Start on the floor on your forearms and knees



### STEP 2

Straighten your legs behind you, one foot at a time, so that your body is a straight line from your ankles to your head and hold



### STEP 3

Keep your back straight by lowering your bum to the ground