



Tuesday, 14th April
Circuit training!

It's great to go for walks and ride on your bike but we can also keep fit at home!

Set up a circuit training course in your garden or house and keep a log of how well you do every day! Time yourself : a minute for each activity!

Decide on the activities you want to do (outside can be more boisterous; inside tasks might include things like squats, star jumps, push ups)

Use these ideas or think of your own:

Skipping on the spot ++++++ push ups ++++++ squats ++++++

star jumps, (clap above your head to make it more difficult) ++++++

sprint relays (running between two marked spots on the ground and touching the ground at each point) ++++++ lunges ++++++

step ups (stepping up and down the bottom stair)

crab walk between two points ++++++ crab walk backwards! ++++++

hop on left foot ++++++ hop on the right foot, ++++++ triceps dips off a bench

HAVE FUN AND KEEP YOURSELF FIT!!

inSpire

