

Hi. I hope you are well and keeping busy!
Sorry I can't coach you at the moment. To help you stay strong and get stronger, I have put together some fun exercises you can do on your own or with other family members.

Before you start, please ask your grown up to read through the exercises to make sure you are safe!!!

Have a go and see how you get on.

Have FUN! Mary 😊



The more you practise the stronger you will get. Why don't you keep a record of how you are doing and see how much you are improving?



Think Safety First!

You are responsible for your children's safety therefore please:-

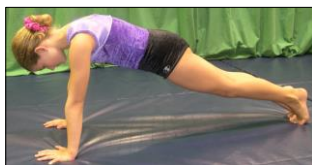
- choose appropriate clothing
- create as much open space as possible
- to be careful of family, pets and furniture!

TGC is not responsible for anything that gets broken, including lampshades!!

Challenge

Can you try and do **10 press ups** one after the other without stopping?

Arms



Technique

- Start in Front Support
- Hands flat and fingers spread
- Shoulders over hands
- Keep a straight body and shape
- Go all the way down

Guidance and Adaptations

Start at Level 1 (easier) and work your way up to Level 5 (harder)

Level 1: On your hands and knees - hips in front of your knees!

Level 2: Front support (FS) with your hands on the seat of a chair

Level 3: FS with your hands on the bottom stair or the edge of the sofa

Level 4: FS with your hands on the floor

Level 5: FS with your feet on the bottom stair or the edge of the sofa

If you need to stop for a rest that's fine, but keep practising so you get stronger!

FAMILY FUN: Who can do the most press-ups in 30 seconds?

Challenge

Can you try and do
10 Ankle Raises
on both feet and 5 on
each foot?

Legs



Technique

- Raise as high as you can onto the ball of your feet
- Lower your heel as low as is comfortable

Guidance and Adaptations

Use a step to stand on, if no step is available then you could use a big book or just use the floor. Hold onto something to help you balance.

To make it harder:

- Repeat up to 3 times
- Don't hold onto anything
- Try doing it with your eyes closed

Challenge

Can you hold an
'Invisible chair' against a wall?
10/20/30 seconds?
Can you hold it longer?

Technique

- Back flat against wall
- Hips in line with your knees
- Knees over your ankles
- Don't lean hands on legs - play an invisible piano!

Challenge

How many
Duck Jumps can you do in
30 seconds?

Technique

- Squat down with your bottom by your heels
- Balance on the balls of your feet
- Arms out to balance
- Jump in this squat position

Challenge

Can you do 20
Step ups on each leg?
*Use the bottom of the stairs, a
step or the sofa!*

Technique

- Start with the right leg leading x 20, then lead with the left leg
- Ensure you use all of your foot when stepping up not just the toes!
- Try and keep a steady pace

FAMILY FUN: Who can hold the "Invisible Chair" for the longest?

Challenge

Can do you
10 Sit ups one
after the other
without stopping?

Stomach



Technique

- Bend knees with feet on the floor
- Hands across the chest
- Lower down so your back touches the floor but not your head
- Smooth movement up and down

Guidance and Adaptations

Try passing something back and forth with a partner e.g. soft toy or socks

To make it harder:

- Try throwing a small soft item to each other when sitting up
- Try swapping a small soft item without dropping it
- If you can complete 10 sit ups without stopping try another 10!

Challenge

Can you pedal an **invisible bicycle** for (1) 30 seconds (2) 60 seconds (3) with a partner

Technique

- Lie back on your elbows
- Lift your feet off the floor and push the invisible pedals.
- Move all of the leg not just from the knee down

Challenge

How many **"Over the Top"**
can you do without stopping?
*Make an obstacle using a thick book
cushion or soft toy*

Technique

- Lie back on your elbows with legs together and straight in front of you.
- Lift your legs over the top of the obstacle and back again

Challenge

Can you pretend to be
Kayaking down a river for
(1) 10 seconds (2) 20 seconds
or (3) 30 seconds?

Technique

- Balance on your bottom with your legs bent and feet off the ground
- Use an invisible paddle from side to side

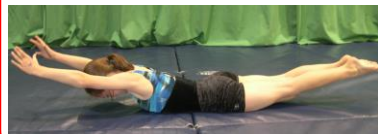
FAMILY FUN: Who can do the most sit-ups in one go?

Challenge

How many **Arch lifts** can you do?

10? 20? 30?

Back & Core



Technique

- Lie on your tummy
- Legs straight and together
- Arms by ears and head down
- Lift both arms and legs at the same time and then lower gently

Guidance and Adaptations

Too hard?

Bend your arms and legs to make your body shorter.

To make it harder

Lift into arch and then kick your legs and move your arms up and down like front crawl leg kick. Try doing it for 30 seconds!

Challenge

How long can you hold **Plank** for?
10/20/30 seconds?

Technique

- Front support shape on your elbows with hips and tummy off the floor
- Shoulders over elbows
- Straight and tight body shape
- Suck tummy in

Challenge

How many **"X reaches"** can you do?
Start in front support with feet slightly apart

Technique

- Raise your hips in the air and reach your right hand back under your tummy to touch your left foot and return to front support
- Repeat on the other side using your left hand to your right foot

Challenge

Can you do 10 **"Gecko"** changes?
Now try 20!

Technique

- Start on hands and knees
- Keep hips and shoulders level
- Slowly extend opposite arm and leg then bring them back to kneeling and swap sides

FAMILY FUN: Who can hold plank for the longest?

Give yourself a
"High Five"
every time you
complete a challenge!



Print off the "High Five" and put on a wall somewhere!