

**THIS**

**OR**

**THAT**



**You will need :**

**Water**

**Comfy clothes**

**A space to move**

**Weights - (This can be a tin can or a bottle of water  
etc)**

## **BEFORE YOU BEGIN:**

Typically, we shouldn't need to speak to a doctor before we exercise, especially if we have no underlying health implications.

If you have experienced symptoms of Heart, Kidney or metabolic conditions, we advise that you speak with a healthcare professional before you take part in our sessions.

## **TIPS:**

- Prepare your exercise space around you by clearing an area.
- Use something sturdy for support (kitchen work surface or table).
- Easy access to water.
- Keep a telephone or mobile phone nearby in case of emergency.
- If at any time you feel dizzy or experience discomforting pain, please stop and rest.

## **Safety:**

The activities provided are covid compliant and should be performed inline with current government guidelines.

- Please have an adult present at all times when families and young people are taking part in this activity.
- Perform all exercises to your ability. We have included a range of exercises suitable for all, however please ensure that the activity is at the right level for you.
- If at any point you require medical assistance, call emergency operators on **999** or if the matter isn't an emergency, you can seek non-urgent medical advice by calling **111**.
- Please warm up and cool down after any activity.
- Wear comfortable/loose clothing and suitable (non slip) footwear.
- If there is an activity or movement you or someone else have been advised against or feel unsuitable, then please do not attempt it.
- If at any point you or someone doing the activity feels unwell, experiences pain or discomfort then please stop and seek medical assistance if required.

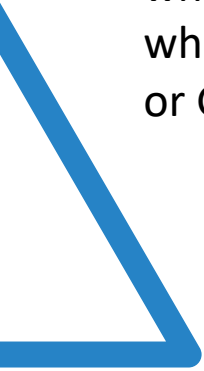


## **Disclaimer**

Please read the following.

- Participation in any exercise or activity is done so at you and your family's own risk.
- If you have an injury or any medical condition that might make taking part detrimental to your health you should consult your doctor or a health professional before undertaking.
- If you have or someone you are doing the activity with has an injury or medical condition which could affect you while exercising but have been given the go ahead by a health professional to exercise, please let us know of your condition before the sessions so we are able to inform the instructor.
- If you feel an exercise is not suitable for you during the session, please stop immediately.
- Adults are responsible for their children at all times.

You and your family are participating at your own risk. It is your responsibility to ensure you and your family's safety whilst participating in the activity. If you or a member of your family have a health condition, injury or anything where participating could be detrimental to your/their health then please seek advice from your health professional or GP before undertaking.



# Here are some of the exercises included...

- High knees
- Jumping Criss Cross
- Star Jumps
- Seat Kicks
- Frog Jumps
- Invisible Jump Rope
- Mountain Climber
- Plank (Low and High)
- Out-Out In-In
- Front Punches
- Star Jumps
- Sit Ups
- Wiggly Fish
- Extending Crunches
- Russian Twists
- V sit
- Between Knee Crunches
- Superman's
- Flutter Kicks
- Leg Raises
- Side Lunges
- Squats
- Jump Squats
- Pulse Squats
- Stork Balance
- Walking Lunges
- Bicycle Crunches
- Leg Raises
- Glute Bridges
- Bicep Curls
- Lateral Raises
- Overhead Press
- Front Raises
- Floor to Overhead
- Arm circles
- Press ups
- Downward Dog

# WHAT TO DO

- WOULD YOU RATHER THIS OR THAT? ...TAKE YOUR PICK, THEN DO THE CORRESPONDING EXERCISE.
- YOU CAN CHOSE 45 OR 50 SECONDS.
- THERE ARE 4 ROUNDS; ARMS, LEGS, CORE & CARDIO, EACH WITH 3 EXERCISES!
- AFTER EACH EXERCISE THERE WILL BE A 15/20 SECOND REST
- AT THE END OF EACH ROUND THERE WILL BE A 2 MINUTE REST.



## **MOST IMPORTANTLY:**

Make it work for you: take the jumps out the squats to make it easier, add in some cans of soup to the arm exercises to make them harder!

# CAKE

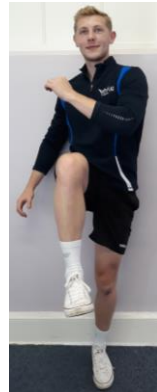
# OR

# PIZZA



## **HIGH KNEES**

Jumping on the spot, bring one knee waist high



## Cardio



## **STAR JUMPS**

Jumping on the spot, move your arms from your sides above your head and move your legs from shoulder width apart out and in.





# VEGETABLES

OR

# FRUIT



## **BURPEES**

Starting in the standing position, perform one press up and return to the standing position to complete one burpee.



## Cardio



## **MOUNTAIN CLIMBERS**

On your hands and feet, alternate bringing one knee up to your chest and back down again.



# VOLLEYBALL

OR

# HOCKEY



## 10 SQUAT JUMPS

Begin in the squat position and jump as high as you can.



## Cardio



## STAR JUMPS

Jump moving your arms and legs inwards and outwards as you jump.





**End of round 1 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**

**Set a 2 minute  
timer!**



# HOT DRINKS OR COLD DRINKS



## **10+ SIT UPS**

Lie flat on the floor with knees fully bent and feet flat on the floor. Bring your chest to your knees as you sit up.



## **10+ SECOND PLANK**

Begin in press up position and hold position for ten seconds



## Core



# HELICOPTER RIDE OR PLANE RIDE



## **ROW THE BOAT**

Sit on the floor with your legs in front of you. Hold your hands together and touch the floor either side of your hips, as if you're rowing a boat.

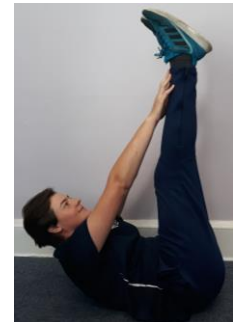


## Core



## **V SIT**

Lie on the floor, point your toes towards the sky with your feet hovering above the floor and try and touch your toes ten times





# HOT HOLIDAY

OR

# COLD HOLIDAY



## BE A BRIDGE

Begin in press up position and hold for 10+ seconds.



## Core





## WIGGLY FISH

Lay on the floor with knees pointing up and feet flat on the floor. Reach side to side and touch each ankle. Keep doing this for 10+ seconds







**End of round 2 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**



**Set a 2 minute  
timer!**



# SPORTS CAR

OR

# OFF-ROAD CAR

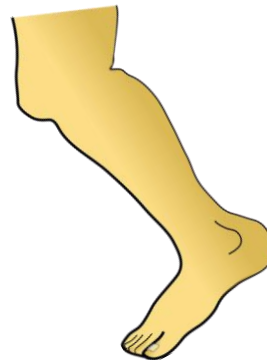


## 10 SIDE LUNGES

Take a large step to the side and bend leading leg. Return to starting position and repeat.



## Legs



## 10 JUMP SQUATS

Bend legs and push up into a jump.





# SURFING

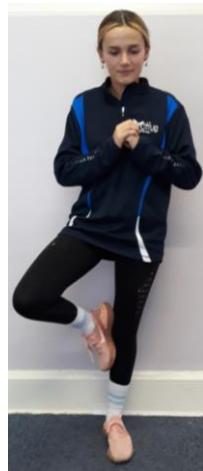
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# SAILING

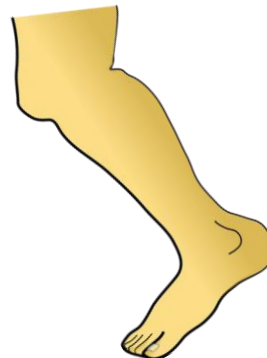


## 10 SEC STORK BALANCE

Lift one foot off the floor and place on inside of your other knee

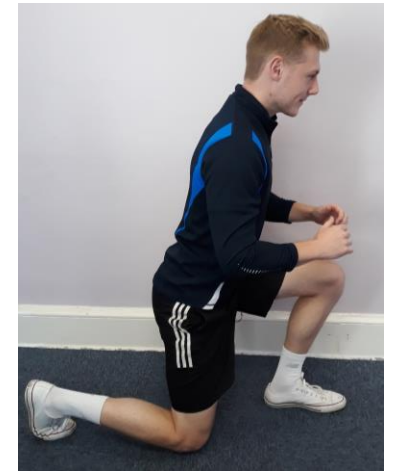


## Legs



## 4 WALKING LUNGES

Take a large step forward and bend until your trailing knee is just above the floor. Repeat on other leg.



# Night

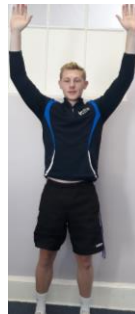
## OR

# Day

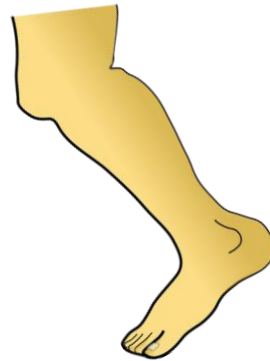


### **5 FROG JUMPS**

Crouch down like a frog and jump up in to the air and return back to crouch position.





## Legs



### **Hopping**

Who can hop on the spot without using the other leg the longest?





**End of round 3 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**



**Set a 2 minute  
timer!**



# Reading



OR

# Writing



## Arms



### **BICEP CURLS**

Use bottles of water or cans of food to make it harder.



### **10 OVERHEAD PRESS**

Place your hands on your shoulders and lift them up into the air and then place them back on your shoulders.



# LION



OR

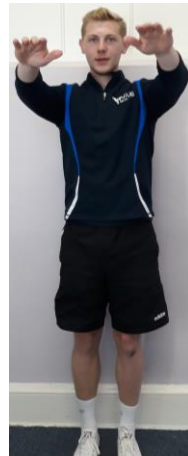
# TIGER



## Arms

### **FRONT ARM RAISES**

Standing up straight, raise your arms out in front of you and slowly bring them back to your sides.



### **ARM CIRCLES**

Start with small movements and finish with big arm swings





# COUNTRYSIDE

# OR

# CITY



## **PRESS UPS**

Put your knees on the floor or use the wall if this is too difficult





## **SIDE ARM RAISES**

Keep your arms by your hips and slowly raise them to your sides, level with your shoulders and back down to your hips. (Like a bird with wings)







**End of round 4 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**



**Thank you for taking  
part!**

**We hope you enjoyed  
our challenge**

