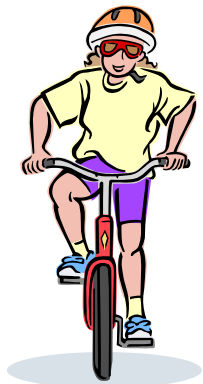




A programme to improve your fitness for teenagers

Exercise Booklet



Move More to feel better

- **It is very important to try and keep active during this time.** The more we move, the more energy we have and the better we feel.
- Every day aim to do 60 minutes of movement that makes your face red, your breathing go faster and gets your heart beating faster.
- You don't have to do it all at the same time, you can, for example... do 15 minutes walking, 30 minutes sport or your own workout and 15 minutes of dancing.
- Do things you enjoy, that way you will stick at it.

Warm Up :

- Do 30 jumping jacks
- Do 10 burpees
- Step ups – right leg up, left leg, right leg down, left leg down. X 30
- Mountain climbers : hands on floor, bring right knee to right elbow, left knee to left elbow x 30
- Jog with fast feet on the floor x 30 seconds.

Core Stability and Strengthening

Bridging: Lie on the floor with your knees bent. Lift your bottom off the floor and hold for __ seconds. Make this exercise more difficult by lifting one leg

Superman pose: Lie on your tummy and stretch your arms and legs out straight. Then try to lift them off the ground. Hold for __ seconds

Kneeling on all four's. Imagine that your back is a table. Try to lift your right arm and left leg whilst keeping the table steady. Repeat with your left arm and right leg.

Crab walks Walk like a crab forwards/backwards, keeping your bottom high in the air

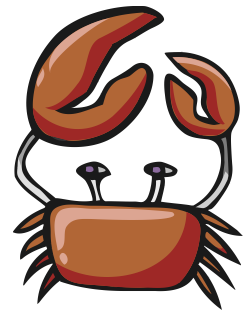


Crab Football: In the crab position, play football with someone or try and score goals on your own!

Knee Walks: Walk forwards and backwards on your knees. Keep up tall and don't twist

Knee Throw & Catch: Throw and catch a ball against a wall while kneeling on one knee.

Kneeling Taps: Kneel tall and place two coloured cards in front of you. Touch one card with your right foot. Return to kneeling tall. And then repeat with your left foot.



Shoulder Strengthening

Plank : into plank position, 2 hands on floor, 2 feet supporting your body weight, bum and tummy off floor, so your body looks like a plank ! Stay in this position for 15 seconds, and try to do it longer each day.

Snake travel: Crawl along the floor on your belly using your arms

Press-ups: Do Press-ups with your knees on the floor

Boxing : With 2 water bottles, punch forward at an imaginary punch bag x 30 times

Arm Circles: Standing up with your arms raised out to the side, draw small circles with your hands

Sliders: Sit on the floor with your legs straight out in front of you, Push yourself forwards/backwards using only your arms



Balance



Stand on one leg and count how long you can stay steady.

Stand on a pillow, on one leg, and throw and catch a tennis ball to yourself x 30 seconds.

Walk forwards and backwards on a line like you are on a tightrope.

Walk on your tippy toes for 30 seconds, walk on your heels for 30 seconds.

Stand in one spot with one foot in front of the other (like a tightrope) and throw/catch a ball with someone. After every 5 throws change the foot in front.

Walk on different terrains e.g. carpet/grass/sand



Leg Co-ordination



Kick a football into a goal or in and out through cones

Hop up and down a room or path for 30 seconds.

Play keepie-uppies with a football

Star jumps (feet together and arms in at your side then feet apart and arms overhead)



Stride jumps (start with your right arm and left leg in front then change which arm and leg is forward with each jump)

Skipping rope – practice skipping for 5 minutes

Go up and down your stairs – one foot at a time, repeat x 5 times

Ride your bike