

Family Fun

adults, kids, teenagers, grandma/grandpa, pet dog!

This can be done in teams (compete against each other), Pairs (either compete or when one is resting one is working, or on your own!

Equipment needed

– timer – watch, clock etc

-Cans of beans or some weight, but can be done without

Rundown – 15 exercises – 1min work – 1 minute rest!

1. **Shuttle run** – either on the spot or to the end of the garden and back (or walk)
REST
2. **Star jumps**
REST
3. **Frog Jumps** – either on the spot (1 one way & then back to original spot) or across a distance
REST
4. **Squat** – Optional – pick up a weight on your squat (tin of beans) lift above your head when you rise and touch the floor with weight when you squat
REST
5. **Press up hold** – get into a arms extended press up position and hold, this can also be done stood up with hands on a wall (harder the further away from the wall your feet are)
REST
6. **Wall Sits** – Google search this one if you are unsure, the nearer your legs are to 90 degrees the harder
REST
7. **Run high knees** (or walk)
REST



HALFWAY

8. **Lunges on the spot** – 30 sec each leg
REST
9. **Crunches** Google search this one if you are unsure, lots of different variables to try out dependent upon your ability
REST
10. **Bicep curls with weight (optional)** – weight can be cans of beans, 1/2ltr bottles of water, a small child !!! whatever you have to hand
REST
11. **Run kick bum** (or walk)
REST
12. **Balance on one leg** -30 sec and change
REST
13. **Squat and jump continual**
REST
14. **Pick your favourite exercise and repeat ... Tough one!!**
REST
15. **Sprint** (or accelerated walk)

REST!! WELL DONE!!

Increase or decrease intensity

Increase – reduce rest (15 sec), do a wall sit instead of rest or hold the plank, work harder, do the circuit twice increase weights or speed, compete!

Decrease – increase rest (1min 30 – 2mins), reduce exercises – complete 5 and keep adding one on every time, walk instead of run, walk with knees lifted, walk kicking legs behind.

