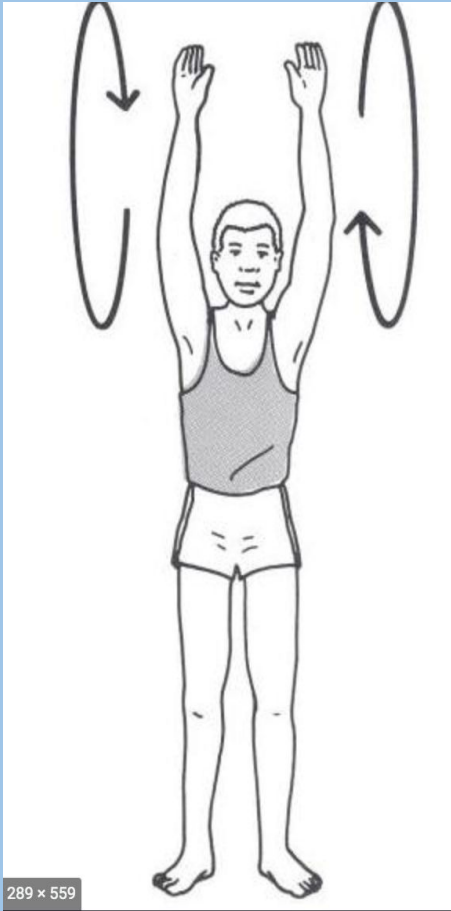


PH&E - FITNESS - Arm Strength (0605)

Begin with one set of 5 (do each challenge five times); next time: two sets of 5; next time three sets of 5.
Remember to give yourself a positive affirmation for your participation! Please use this copy digitally :)

Arm Circles



289 x 559

forward then backward
Or vice versa!



Hands at shoulder height, arms
outstretched = distance from
the wall for your feet



Hands underneath shoulders
Alternative: knee push up

Bench dips

(keep your whole body straight)

1. Put your legs out together & arms *straight* on the bench
2. Bend your arms to *dip* your bottom below the bench
3. Push yourself back up

PH&E - FITNESS - Leg Strength (0605)

Begin with one set of 8 (do each challenge eight times); next time: two sets of 8; next time three sets of 8.
Remember to give yourself a positive affirmation for your participation! Please use this copy digitally :)



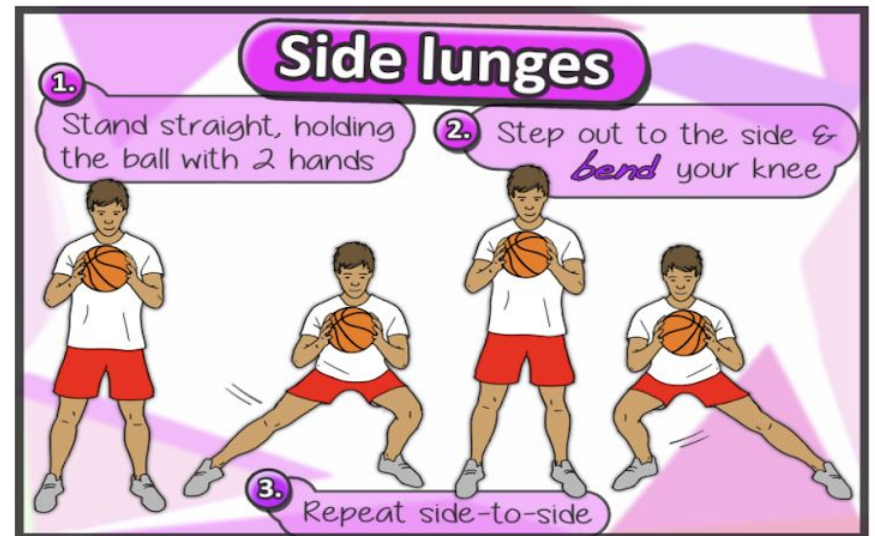
Frog jumps

forward then backward
Or vice versa!



Pistol squats

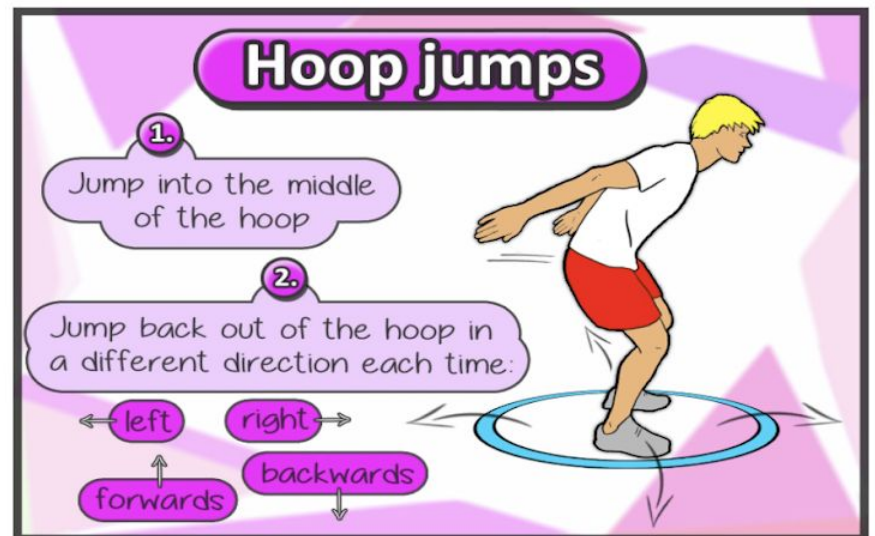
Hands at shoulder height, arms
outstretched = distance from
the wall for your feet



Side lunges

1. Stand straight, holding the ball with 2 hands
2. Step out to the side & bend your knee
3. Repeat side-to-side

No ball, no problem. Use a pillow or a book.



Hoop jumps

1. Jump into the middle of the hoop
 2. Jump back out of the hoop in a different direction each time:
- left right
forwards backwards