

PH&E - FITNESS - Stamina (0619)

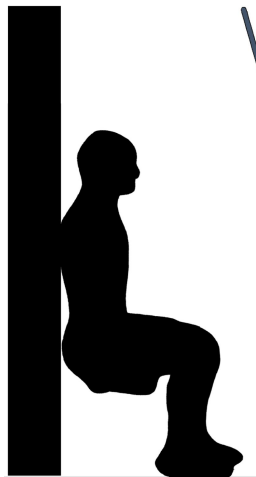
Begin with one set of 8 (do each challenge eight times); next time: two sets of 8; next time three sets of 8.
Remember to give yourself a positive affirmation for your participation! Please use this copy digitally :)

HIGH KNEES

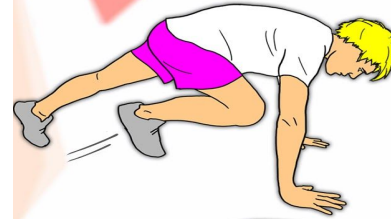


1. Stand with your feet hip-width apart. Lift up your left knee to your chest.
2. Switch to lift your right knee to your chest.
3. Continue the movement, alternating legs and moving at a sprinting or running pace.

Hold the wall sit for 10 seconds, give the legs a gentle shake and repeat 8 times.

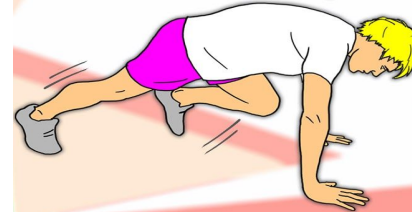


Mountain climbs



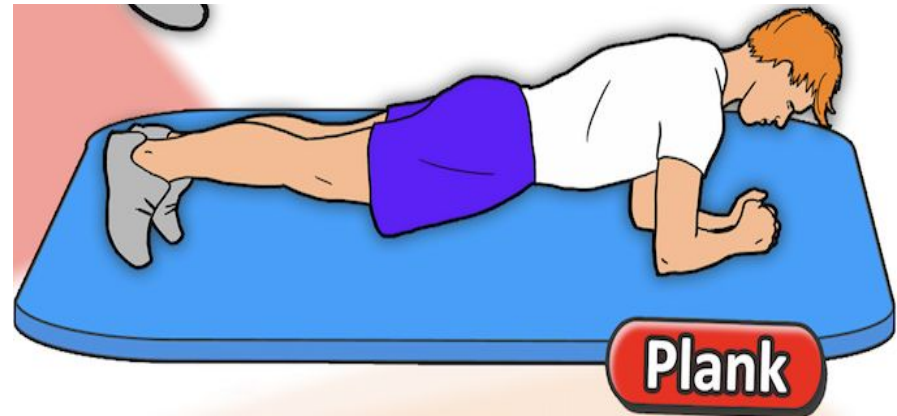
1.

Put your hands on the ground, with 1 leg straight & 1 leg bent



2.

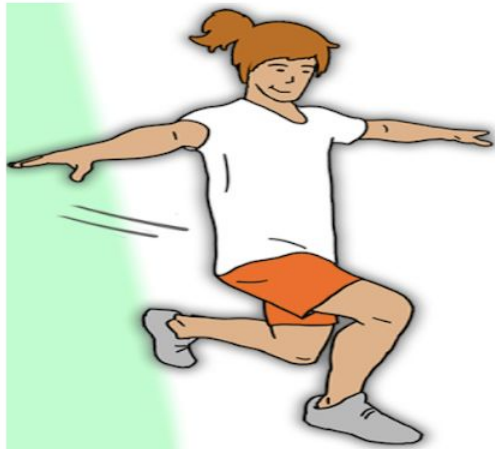
Switch your legs so your other leg is bent & the other is straight



Plank

PH&E - FITNESS - Whole Body (0619)

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Airplane lunges

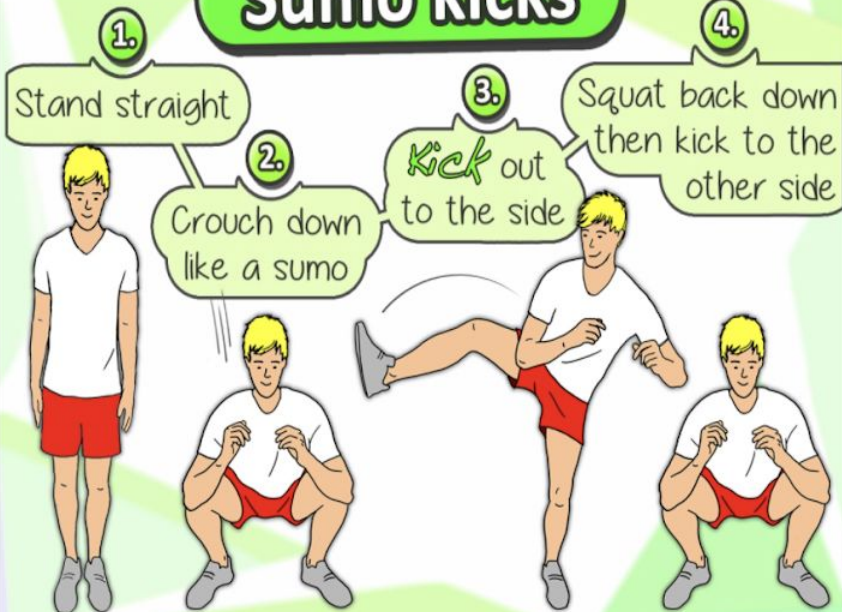
SQUAT JUMPS

1. Do a squat, bending your knees and lowering your bottom with arms outstretched.



2. Then, jump up and reach arms up high.
3. Repeat steps 1 & 2

Sumo kicks



1. Stand straight

2. Crouch down like a sumo

3. Kick out to the side

4. Squat back down then kick to the other side

Jumping Jacks



1. Stand straight like a soldier

2. Jump to bring your hands above your head, & legs out wide

3. Jump again to stand straight