

# UVHS Learning Through Enrichment



## 15 Minute Fitness

- ✓ Put your favourite song on and warm up to the length of the song! Make sure it lasts longer than 2 minutes!
- ✓ Look at the list below. Spell your name out and for each letter, complete the exercise ( MRS = M (10 Leg Raises) R (10 kicks) S (10 punches) etc). REST for 1 minute, then do it again. REST and then again.
- ✓ If your name is short – choose a family member and complete the exercise for their name or you can use mine.... HAYTON!
- ✓ **CHALLENGE** - write the name of the song that you warmed up too and complete the exercises for each letter.

A – 15 ab crunches

B – 15 star jumps

C – 5 press ups

D – plank for 10 seconds

E – 10 high knees

F – 10 full sit ups

G – 10 squats

H – 15 lunges

I – 10 mountain climbers



J – 10 hip raises

K - 10 crunches

L – 15 bicycle crunches

M – 10 leg raises

N – 20 star jumps

O – 5 burpees

P – 20 second wall sit

Q – 10 ski jumps

R – 10 kicks



S – 10 punches

T – 10 squats

U – 15 press ups

V – 10 full sits

W – 10 mountain climbers

X – 5 tuck jumps

Y – 10 lunges

Z – 10 press ups



Recommended by: Mrs Hayton



Don't forget to share your progress on Teams 😊