

Exercise Bank

Healthy active lifestyle term!

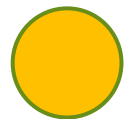
Key Information

Repetitions (Reps) - How many times you perform the specific exercise.

Sets - The number of cycles of repetitions you complete



Easier



Medium



Harder

Choose one of the colours:

1 Complete Exercise = 1 point for your form

Burpees

 2 x Sets - 10 Reps



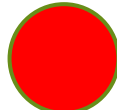
 3 x Sets - 10 Reps

 3 x Sets - 15 Reps



Squat Jumps



-  2 x Sets - 10 Reps
-  3 x Sets - 10 Reps
-  3 x Sets - 15 Reps

Skipping



 3 x 1 min

 4 x 1 min

 5 x 1 min

Wall Sit



● 3 x 30 Secs

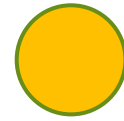
● 4 x 40 Secs

● 5 x 1min

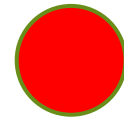
Tricep Dips



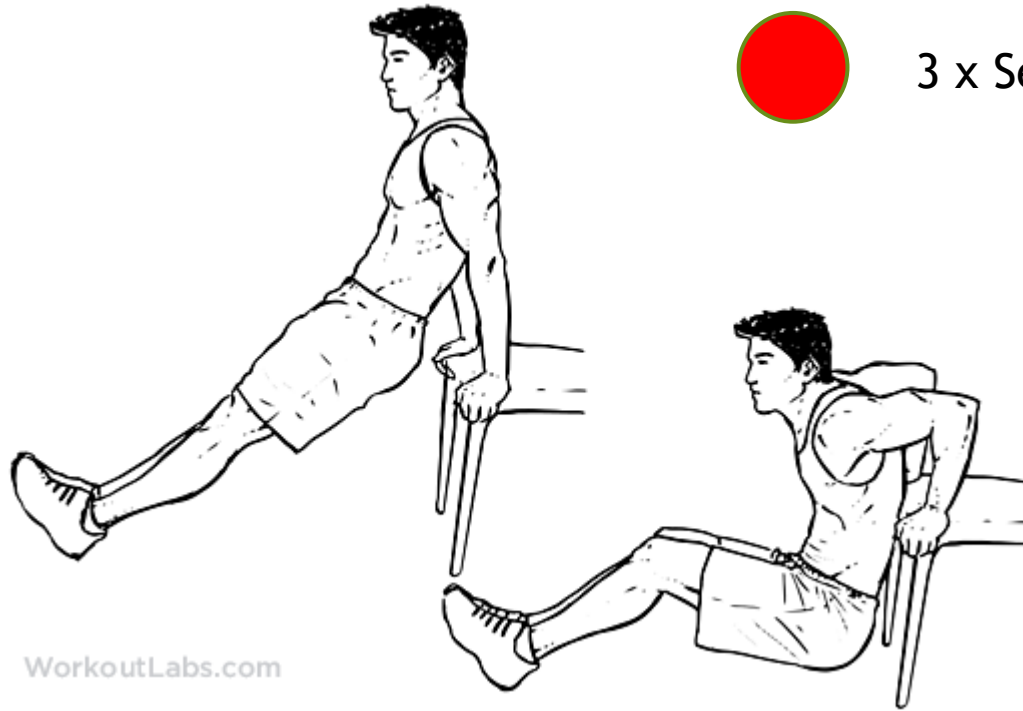
2 x Sets - 10 Reps



3 x Sets - 10 Reps




3 x Sets - 15 Reps





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Plank



 3 x 30 Secs

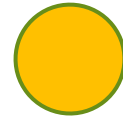
 5 x 30 secs

 3 x 1 min

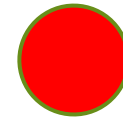
Mountain Climbers



2 x Sets - 10 Reps on each leg



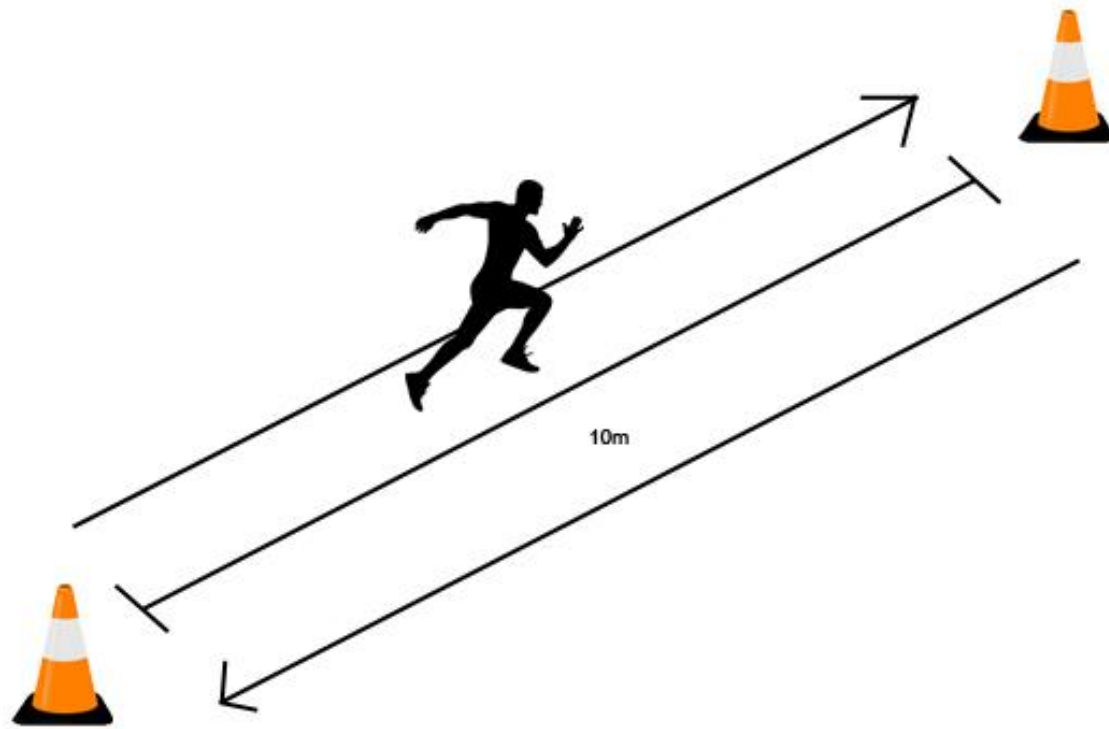
3 x Sets - 10 Reps on each leg



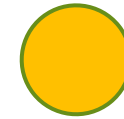
3 x Sets - 15 Reps on each leg



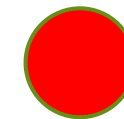
Shuttle Runs



3 x 30 Secs



5 x 30 Secs

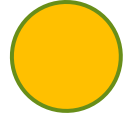


5 x 40 Secs

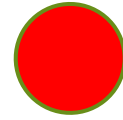
Lunges



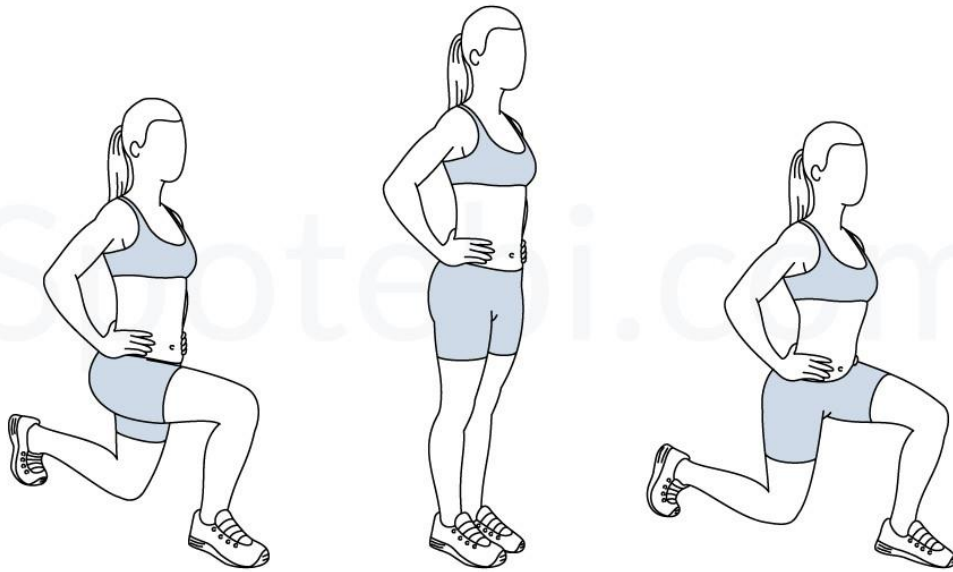
2 x Sets - 10 Reps on each leg



3 x Sets - 10 Reps on each leg



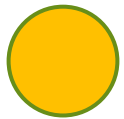
3 x Sets - 15 Reps on each leg



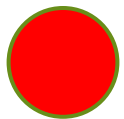
Leg Raises



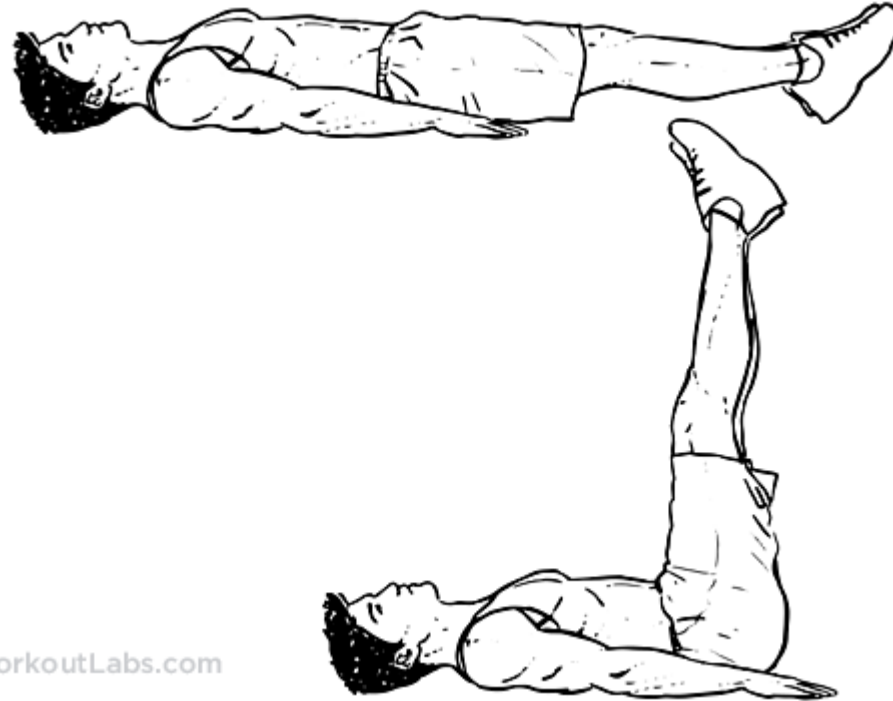
2 x Sets - 10 Reps



3 x Sets - 10 Reps



3 x Sets - 15 Reps



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Box Jumps

 2 x Sets - 10 Reps

 3 x Sets - 10 Reps

 3 x Sets - 15 Reps

A



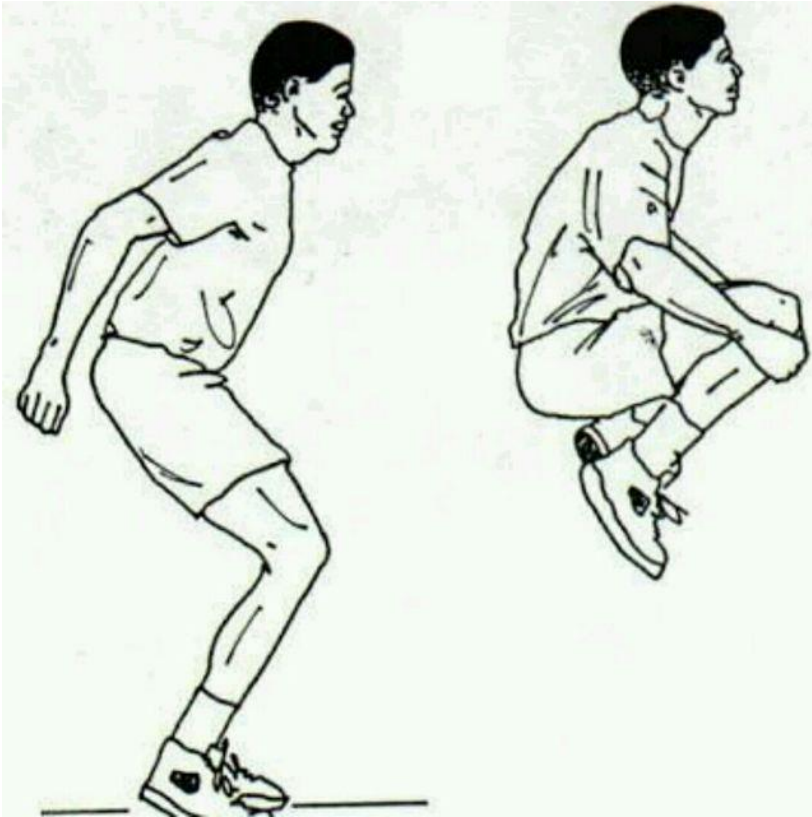
B



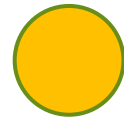
C



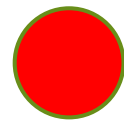
Tuck Jumps



2 x Sets - 10 Reps



3 x Sets - 10 Reps



3 x Sets - 15 Reps

Squat Thrusts

 2 x Sets - 10 Reps

 3 x Sets - 10 Reps

 3 x Sets - 15 Reps



1



2



3




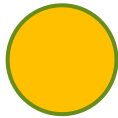
4

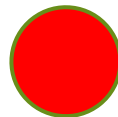


5

Fast Feet Step Ups

 3 x 30 Secs

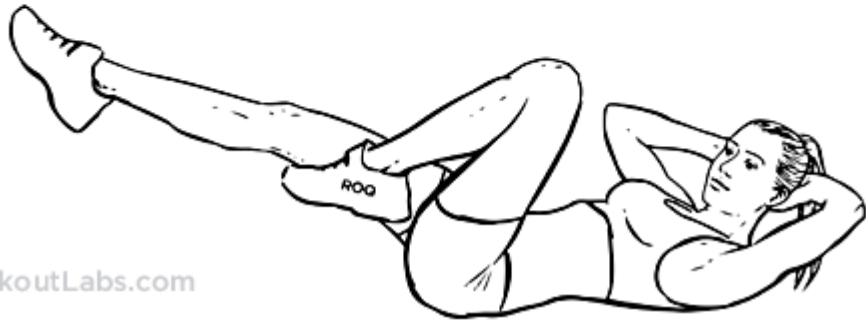
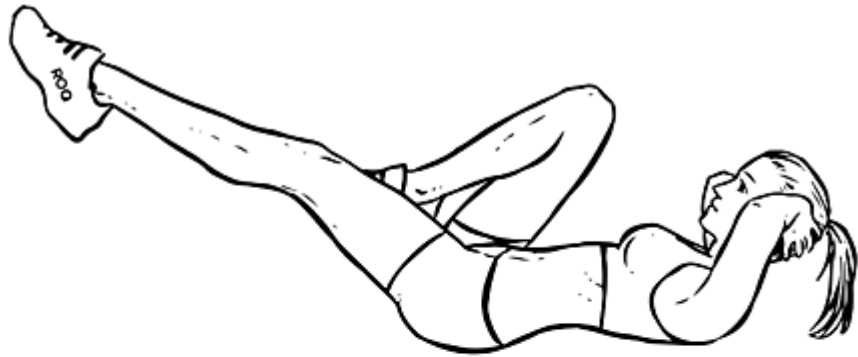
 5 x 30 Secs

 5 x 40 Secs

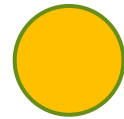
U



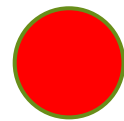
Bicycle Kicks



2 x Sets - 10 Reps on each leg



3 x Sets - 10 Reps on each leg



3 x Sets - 15 Reps on each leg