

Exercise Bank

Healthy active lifestyle term!

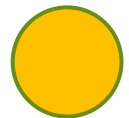
Key Information

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

Sets - The number of cycles of repetitions you complete



Easier



Medium



Harder

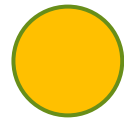
Choose one of the colours:

1 Complete Exercise = 1 point for your form

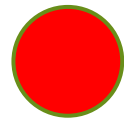
Burpees



2 x Sets - 10 Reps



3 x Sets - 10 Reps

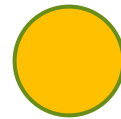


3 x Sets - 15 Reps

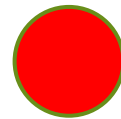
Squat Jumps



2 x Sets - 10 Reps

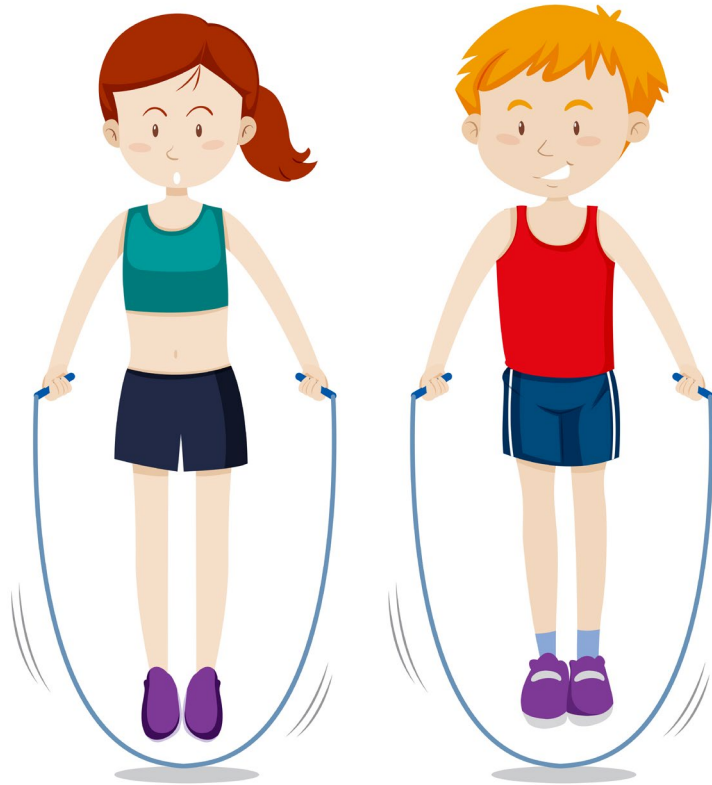


3 x Sets - 10 Reps



3 x Sets - 15 Reps

Skipping

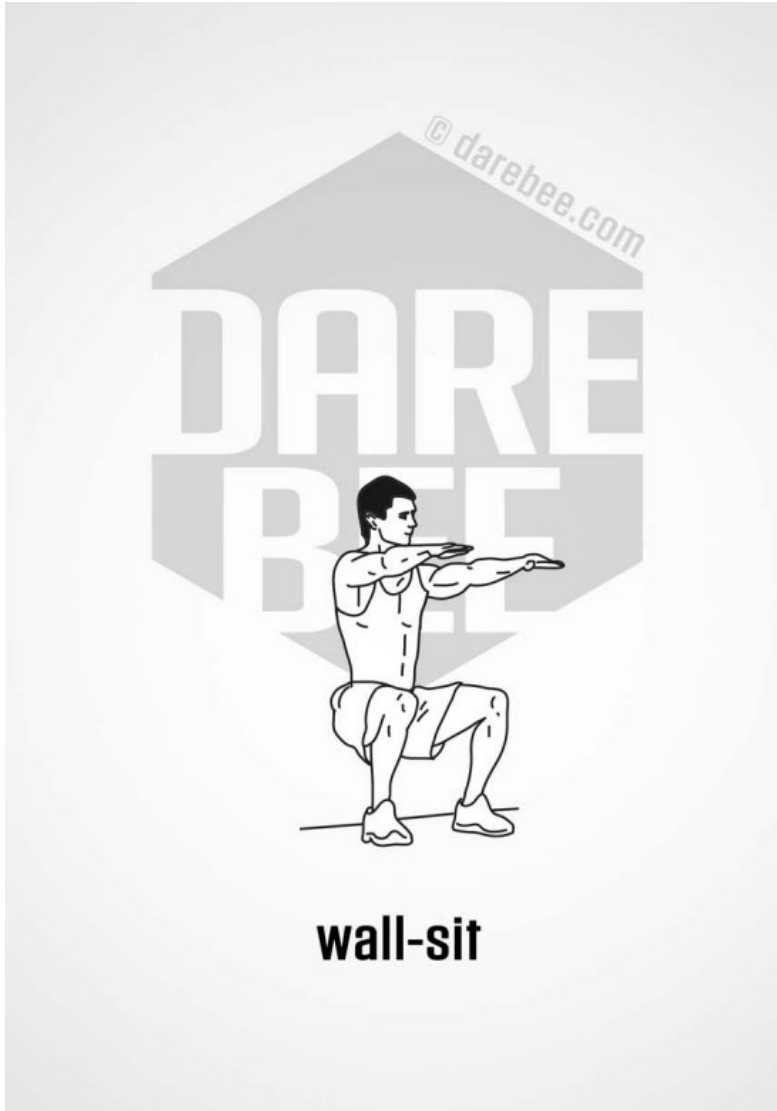


 3 x 1 min

 4 x 1 min

 5 x 1 min

Wall Sit



● 3 x 30 Secs

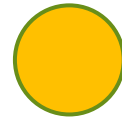
● 4 x 40 Secs

● 5 x 1min

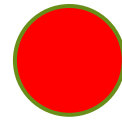
Tricep Dips



2 x Sets - 10 Reps

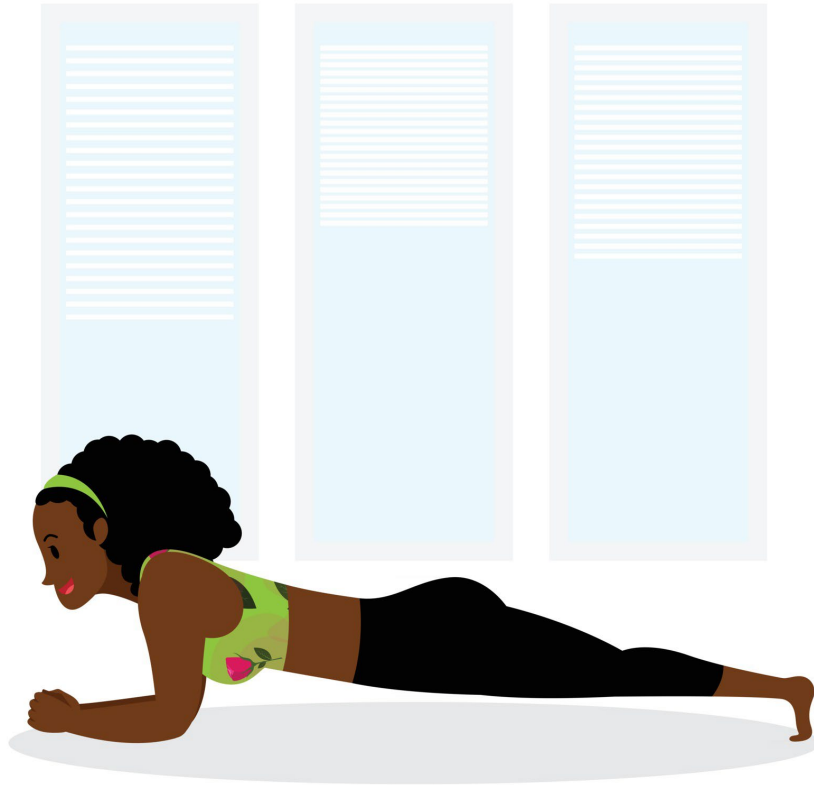



3 x Sets - 10 Reps





3 x Sets - 15 Reps

Plank



 3 x 30 Secs

 5 x 30 secs

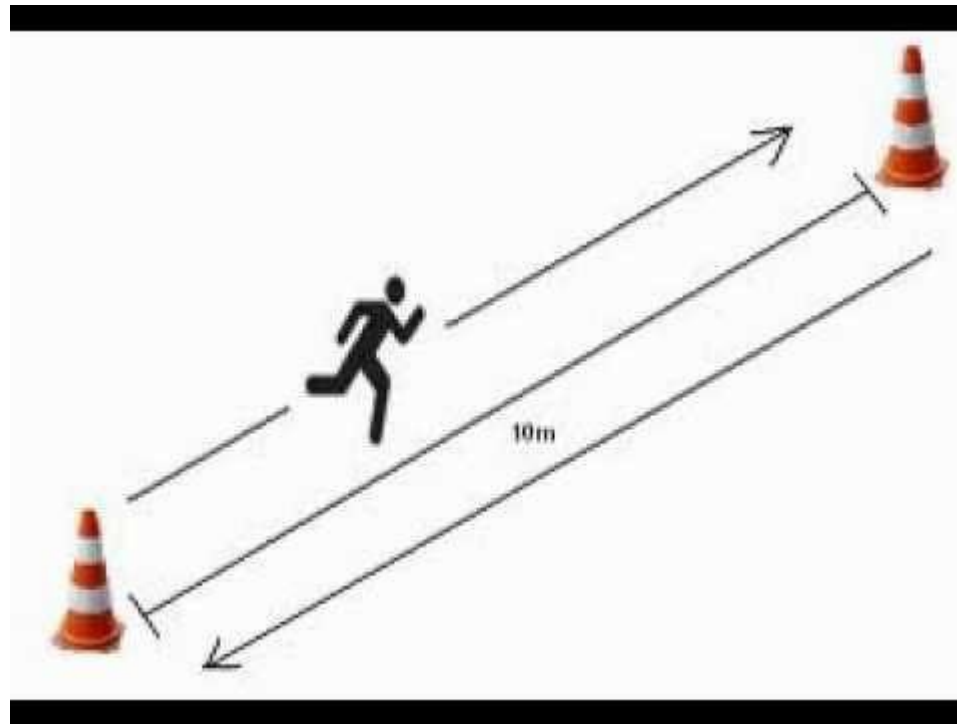
 3 x 1 min


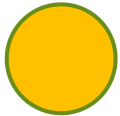
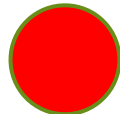
Mountain Climbers



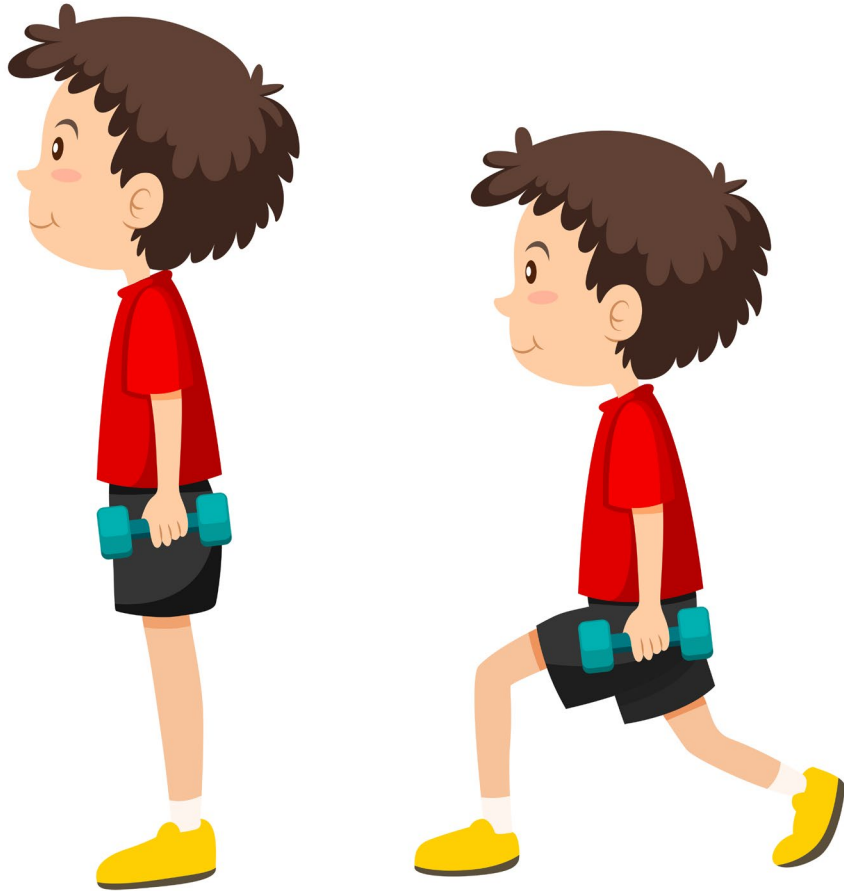
- 2 x Sets - 10 Reps on each leg
- 3 x Sets - 10 Reps on each leg
- 3 x Sets - 15 Reps on each leg

Shuttle Runs

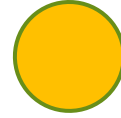


-  3 x 30 Secs
-  5 x 30 Secs
-  5 x 40 Secs

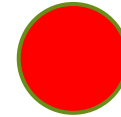
Lunges



2 x Sets - 10 Reps on each leg

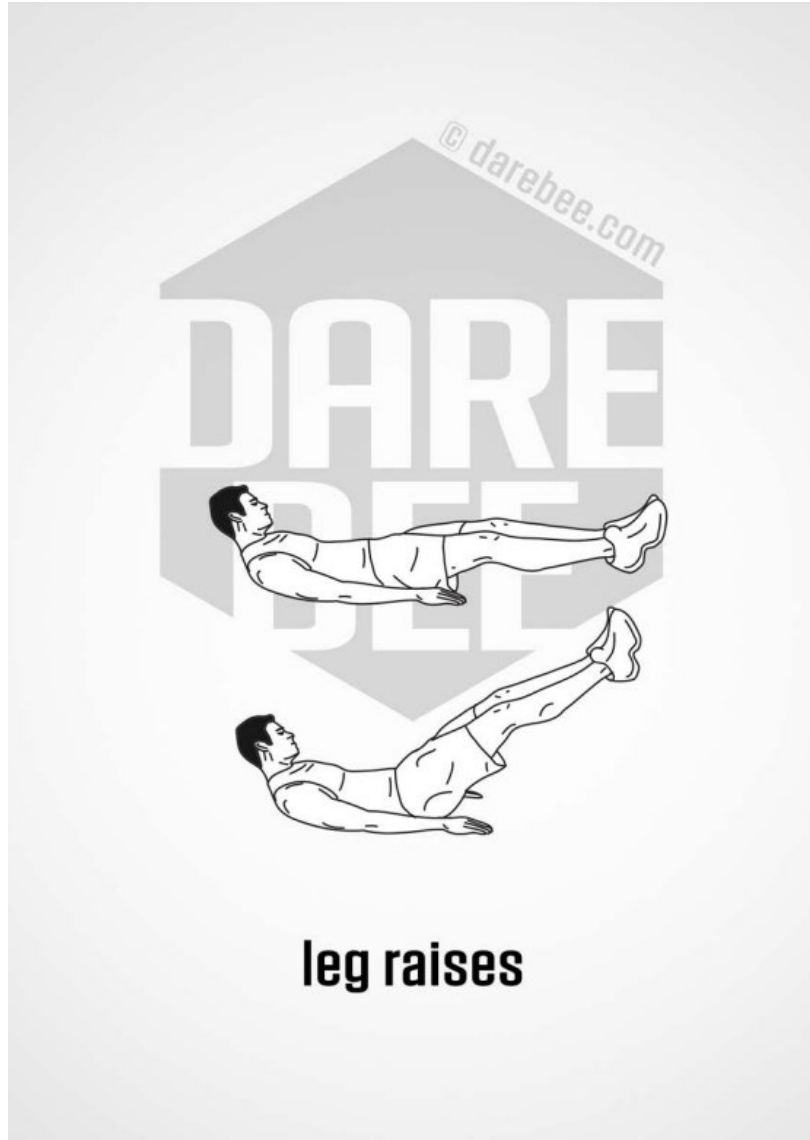


3 x Sets - 10 Reps on each leg

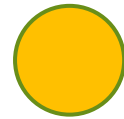


3 x Sets - 15 Reps on each leg

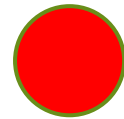
Leg Raises



2 x Sets - 10 Reps



3 x Sets - 10 Reps

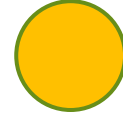


3 x Sets - 15 Reps

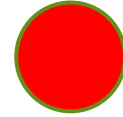
Box Jumps



2 x Sets - 10 Reps

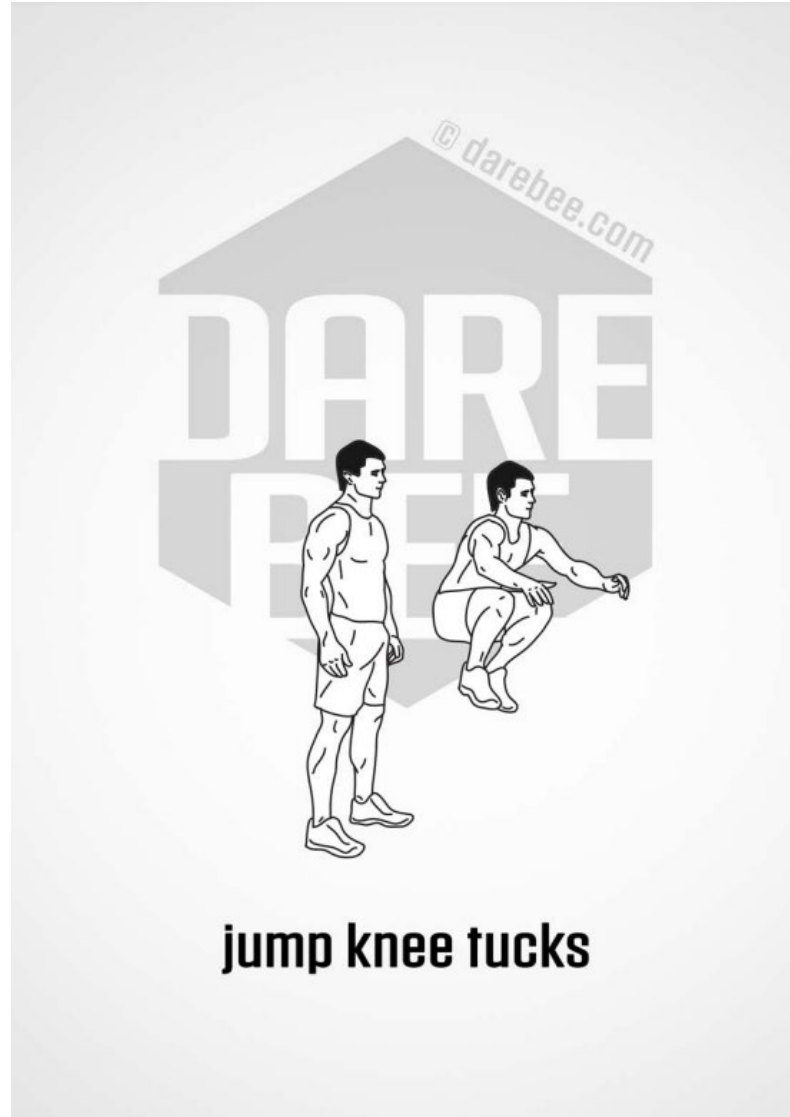


3 x Sets - 10 Reps

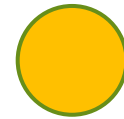


3 x Sets - 15 Reps

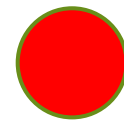
Tuck Jumps



2 x Sets - 10 Reps



3 x Sets - 10 Reps



3 x Sets - 15 Reps


Squat Thrusts

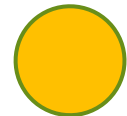
 2 x Sets - 10 Reps

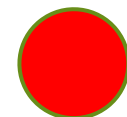
 3 x Sets - 10 Reps

 3 x Sets - 15 Reps

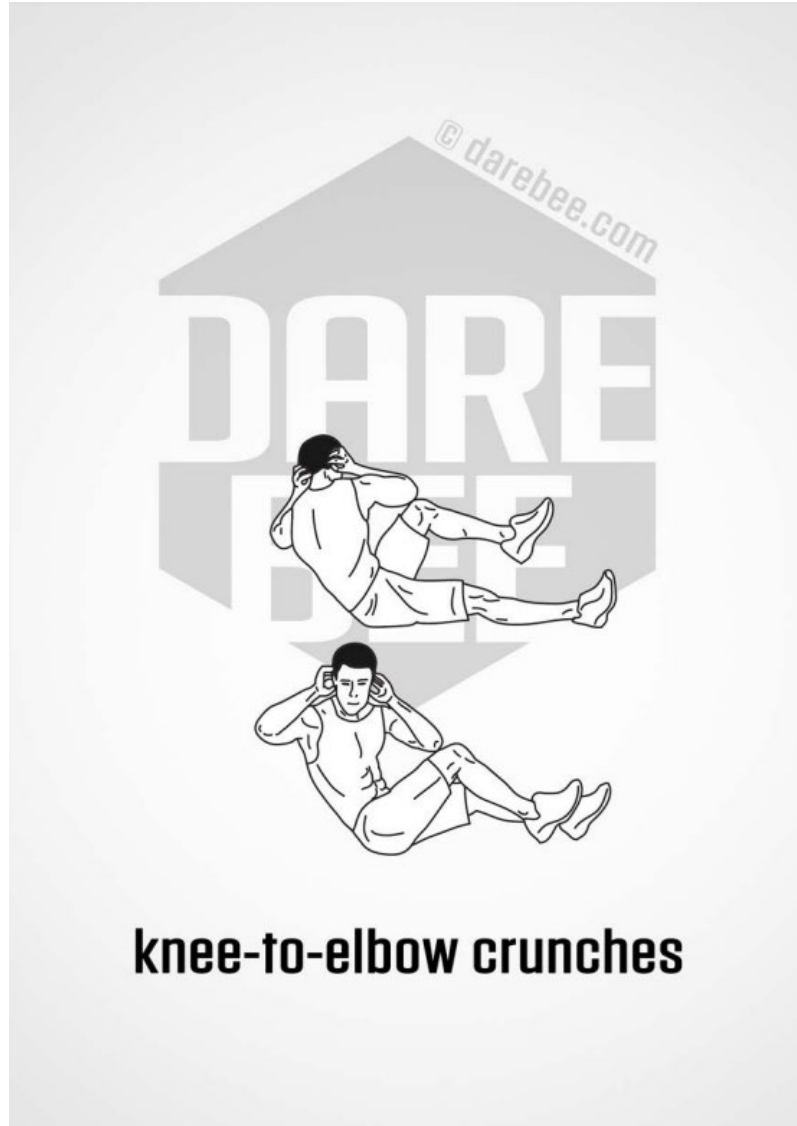
Fast Feet Step Ups

 3 x 30 Secs

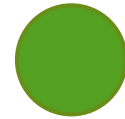
 5 x 30 Secs

 5 x 40 Secs

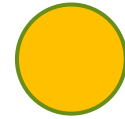
Bicycle Kicks



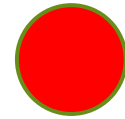
knee-to-elbow crunches



2 x Sets - 10 Reps on each leg



3 x Sets - 10 Reps on each leg



3 x Sets - 15 Reps on each leg

Image Sources

- ▶ Vecteesy - <https://www.vecteezy.com/>
- ▶ DAREBEE - <https://darebee.com/>