

Exercise Bank

Healthy active lifestyle term!

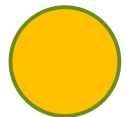
Key Information

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

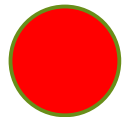
Sets - The number of cycles of repetitions you complete



Easier



Medium



Harder

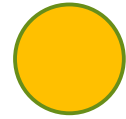
Choose one of the colours:

1 Complete Exercise = 1 point for your form

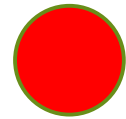
Burpees



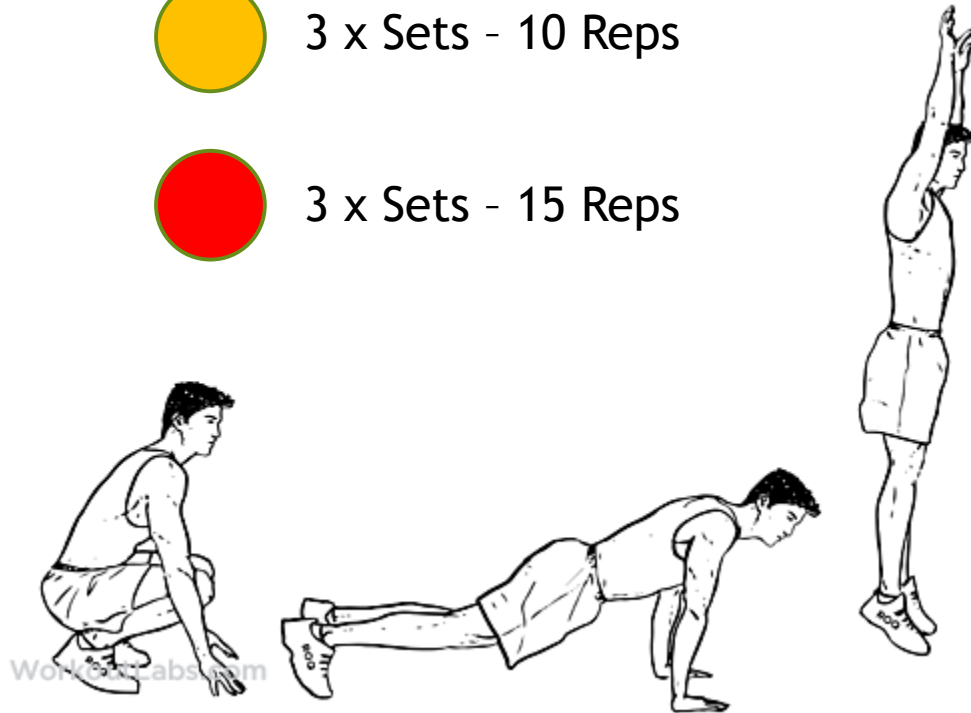
2 x Sets - 10 Reps



3 x Sets - 10 Reps



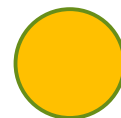
3 x Sets - 15 Reps



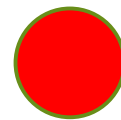
Squat Jumps



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

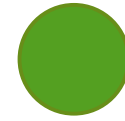


● 3 x 30 Secs

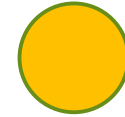
● 4 x 40 Secs

● 5 x 1min

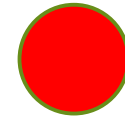
Tricep Dips



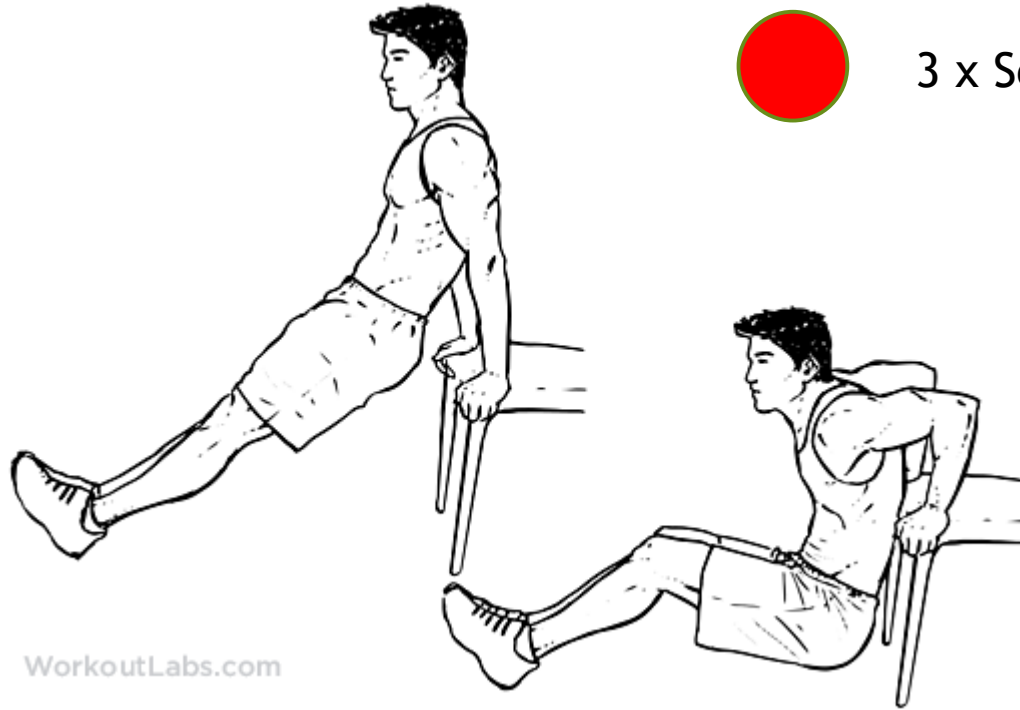
2 x Sets - 10 Reps



3 x Sets - 10 Reps

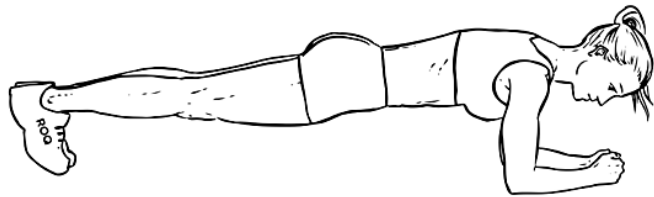


3 x Sets - 15 Reps



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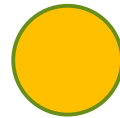
Plank



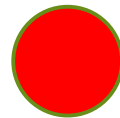
WorkoutLabs.com



3 x 30 Secs

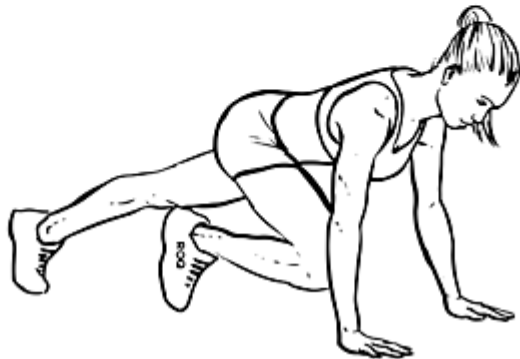


5 x 30 secs



3 x 1 min

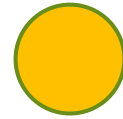
Mountain Climbers



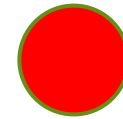
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2 x Sets - 10 Reps on each leg

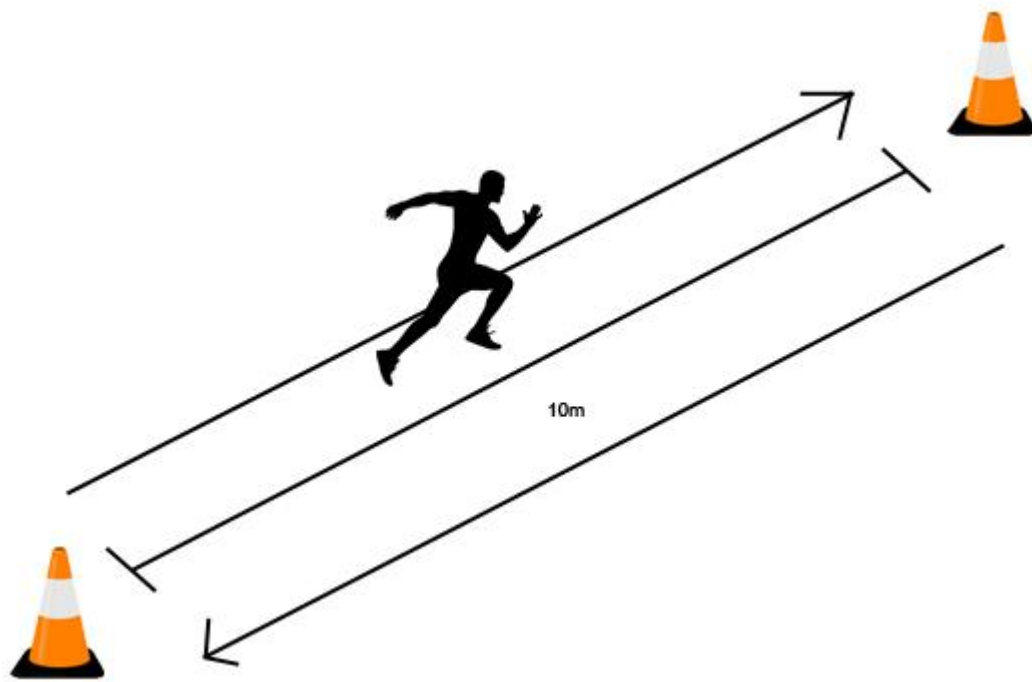




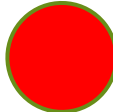
3 x Sets - 10 Reps on each leg



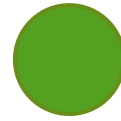
3 x Sets - 15 Reps on each leg

Shuttle Runs

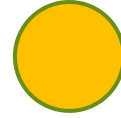


-  3 x 30 Secs
-  5 x 30 Secs
-  5 x 40 Secs

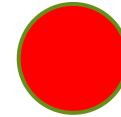
Lunges



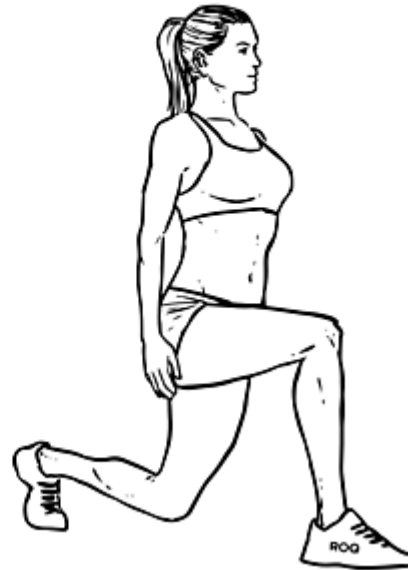
2 x Sets - 10 Reps on each leg



3 x Sets - 10 Reps on each leg



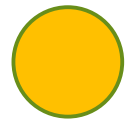
3 x Sets - 15 Reps on each leg



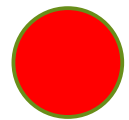
Leg Raises



2 x Sets - 10 Reps

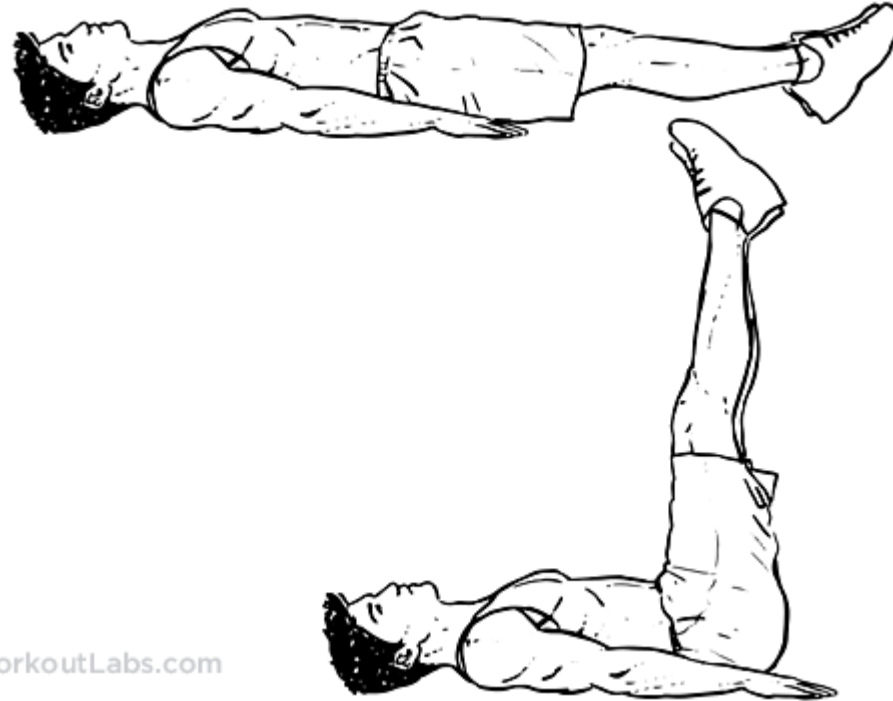


3 x Sets - 10 Reps



3 x Sets - 15 Reps

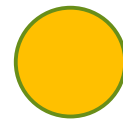
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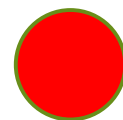
Box Jumps



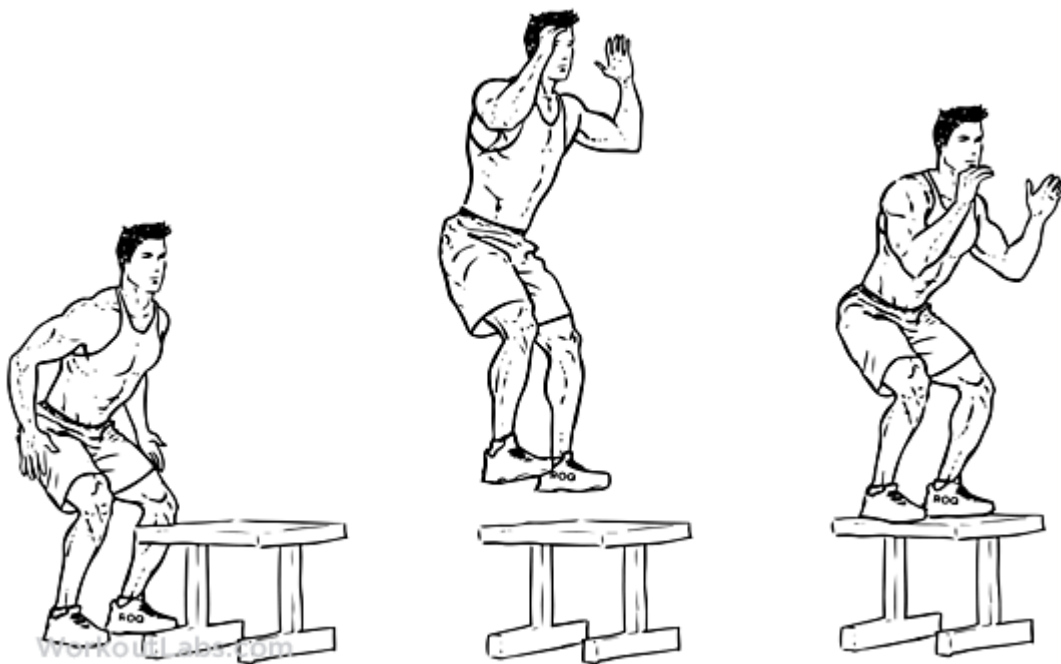
2 x Sets - 10 Reps



3 x Sets - 10 Reps



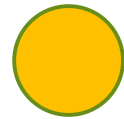
3 x Sets - 15 Reps



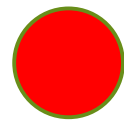
Tuck Jumps



2 x Sets - 10 Reps



3 x Sets - 10 Reps



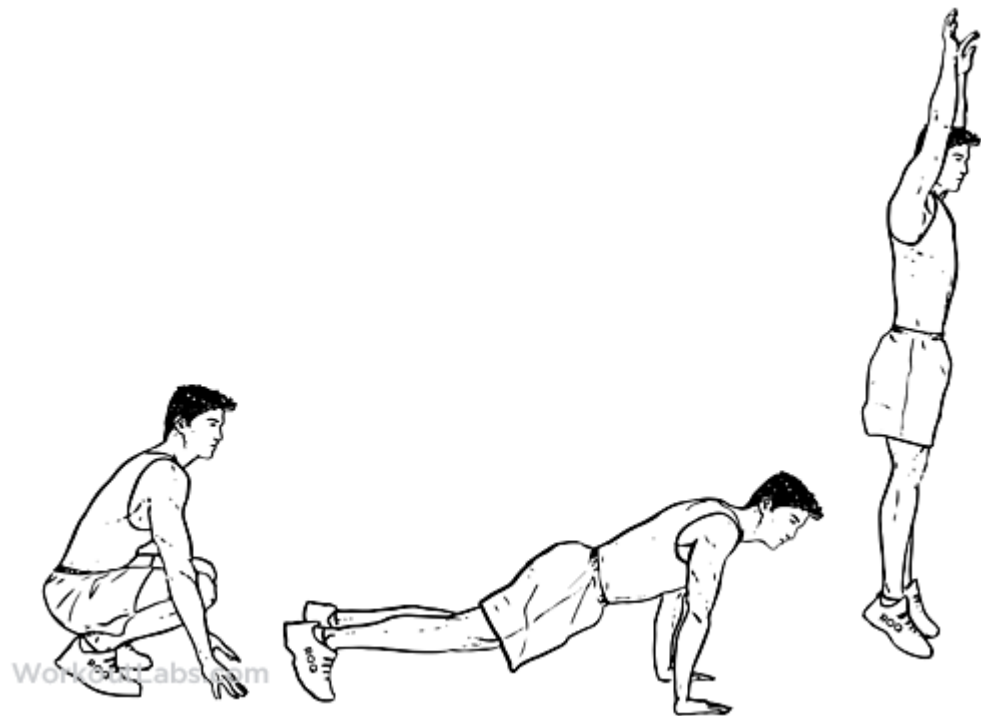
3 x Sets - 15 Reps

Squat Thrusts



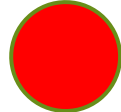
● 2 x Sets - 10 Reps

● 3 x Sets - 10 Reps

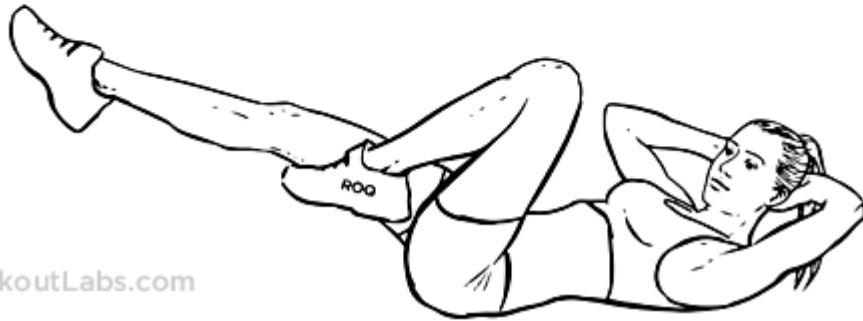
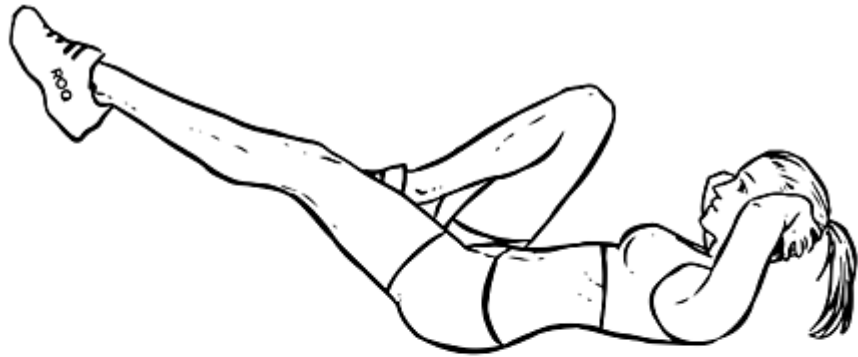
● 3 x Sets - 15 Reps



Fast Feet Step Ups

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

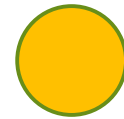
Bicycle Kicks



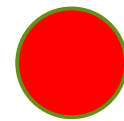
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2 x Sets - 10 Reps on each leg



3 x Sets - 10 Reps on each leg



3 x Sets - 15 Reps on each leg