

# Fitness Challenge Home Exercises



Make sure you do exercises regularly while you are training for your Fitness Challenge. Aim to do a few of them every day if you can. These exercises can be done indoors at home.

Perform each exercise and count how many you complete within 60 seconds. Keep a log of your performance and try to improve each time you do it.

## **Body Weight Squats**

Stand straight with toes pointing forward. Steadily bend your knees until your thighs are horizontal, keeping your back straight. Then stand back up again. Repeat.

## **Burpees**

Start in a standing position. Bend your knees and put your hands on the floor to take your body weight. Now jump your feet backwards so that your legs are fully straight. Bring your feet back forward again, and jump upright again so that your feet leave the ground. Repeat.

## **Sprint**

You can do this on the spot or go outside and sprint between 2 lines. You should try to increase the number of steps, or 'laps' you do in a minute.

## **Press-Ups**

Start with your palms and toes on the floor and your body straight. Bend your arms until your chest nearly touches the ground (but doesn't!). Push back up again. Repeat.

## **Sit Ups**

Lie on your back with your knees bent. Get a friend to sit on your feet to keep them on the ground, or tuck your feet under something. Place your hands lightly on your temples at the side of your head and keep them there throughout. Sit up steadily until your elbows just touch your knees, then return back down steadily again. Repeat.

## **Chin-Ups**

Try these only if you can. Grab hold of a bar above your head height with your palms facing towards you. If you need to, bend your knees so that your arms are straight before you start. Now pull yourself up until your chin. If you can do one, you are doing well. See if you can do two or three after a few weeks.