

Windmill Daily Workout!



Here are a few exercises I would like you to do at home!

Why?

- To keep us fit, healthy and strong.
- To keep us happy and smiling.
- To do as a family.

How?

- Set up a timer.
- Do 40 seconds of activity followed by 20 seconds rest.
- Look at the next exercise when resting so you are ready.
- Feeling good: Do once a day! Feeling fit: Do twice a day! Feeling super fit: Do three times a day!

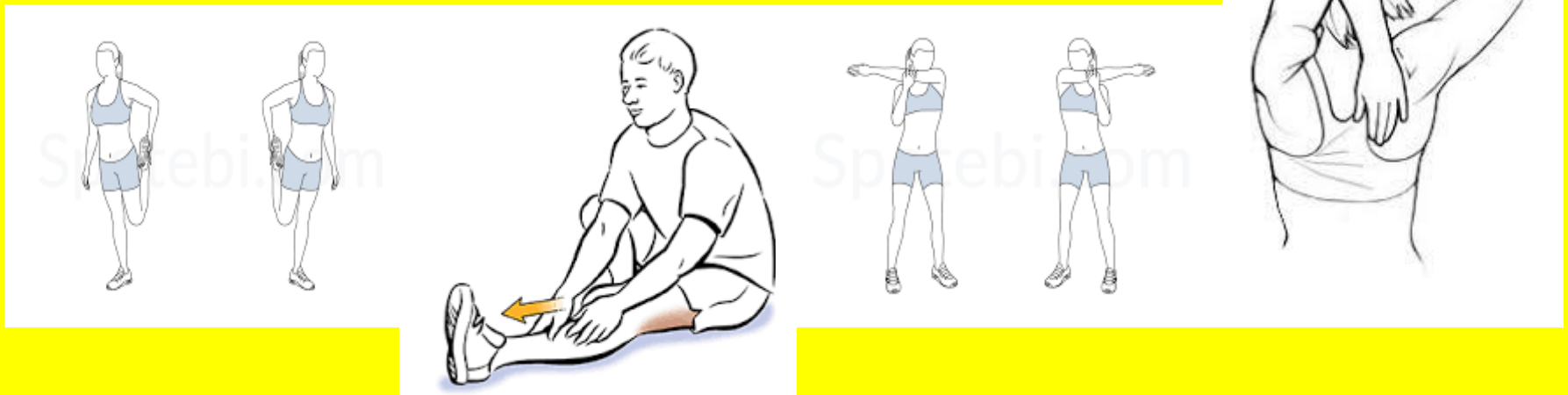
First, we warm up!

You all know how we warm up.....

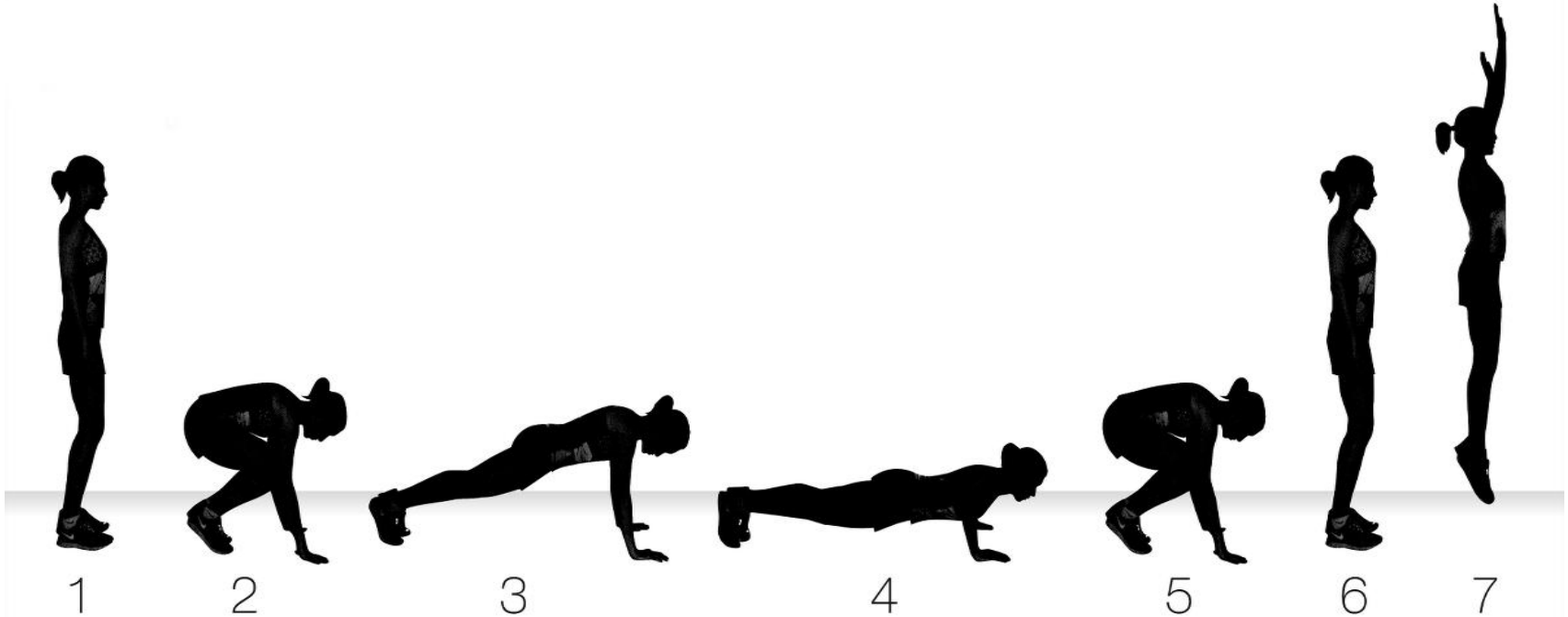
- ➔ Jog on the spot: 1 minute
- ➔ High knees on the spot: 1 minute
- ➔ Heel flicks on the spot: 1 minute
- ➔ Star jumps: 1 minute
- ➔ Spotty dogs: 1 minute
- ➔ Arm rotations: 1 minute

Then stretch.....

- ➔ Hold these stretches for about 15 seconds.



Burpees



1: Feet shoulder width apart.

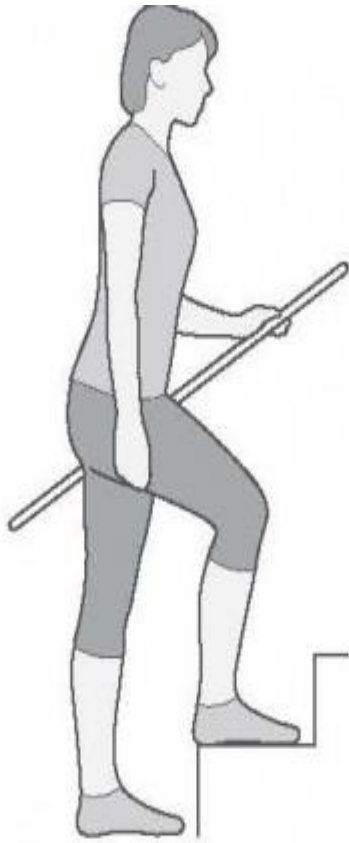
2-3-4: Squat into a press up position.

5-6: From press up position squat back to standing.

7: Jump.

How many can you do in 40 seconds?

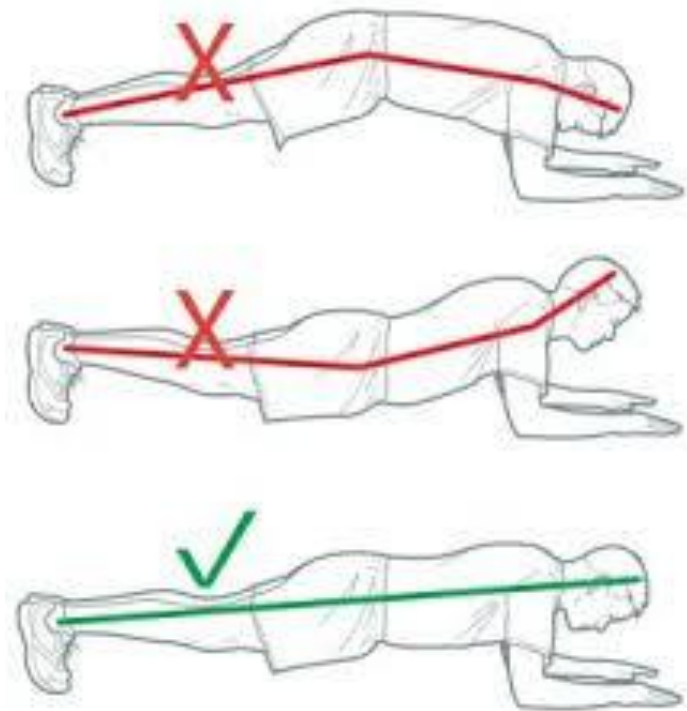
Step ups



- 1: Using your stairs.
- 2: Step with right leg onto first step then return.
- 3: Step with left leg onto first step then return.
4. Repeat quickly.

How many can you do in
40 seconds?

Plank



Remember keep your back straight.

Can you hold this position for 40 seconds?

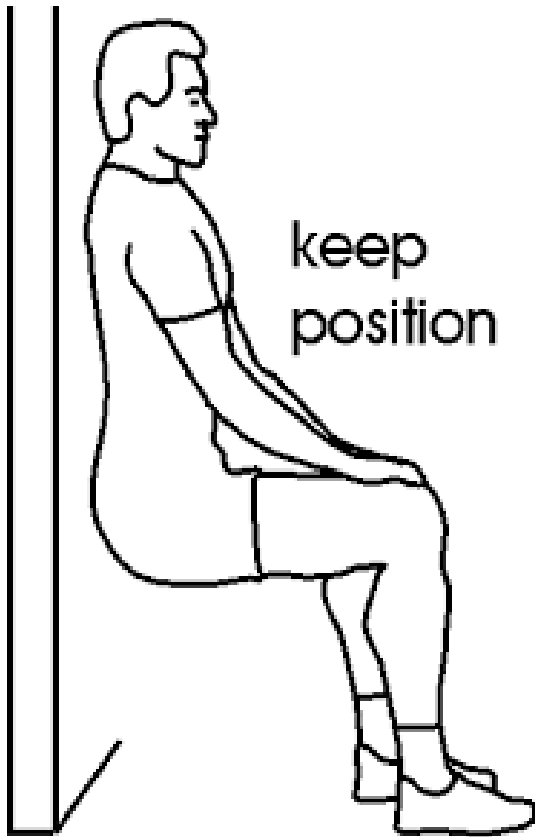
Tuck jumps



- 1: Feet shoulder width apart.
- 2: Jump bringing your knees up to your chest.
- 3: Repeat

How many can you do in 40 seconds?

Ski Sit

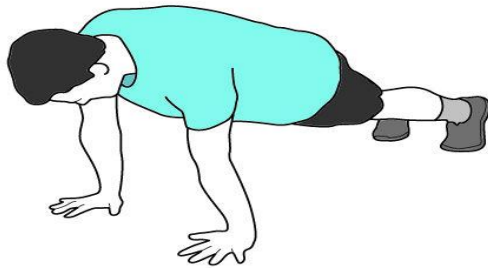


- 1: Find a space on a wall.
- 2: Sit, pushing your back against the wall.
- 3: Knees bent at a 90 degree angle.

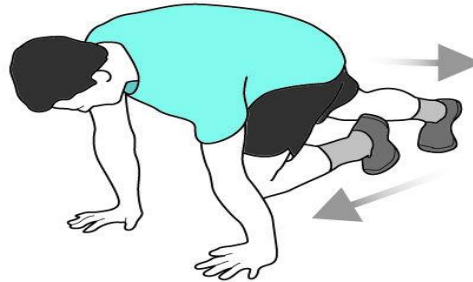
Can you hold this position for 40 seconds?

Mountain climbers

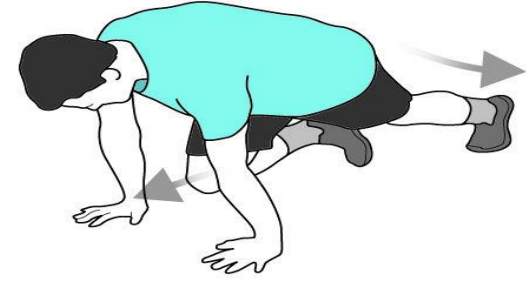
MOUNTAIN CLIMBER



1



2



3

1: Press up position.

2: bring left knee up to chest, then return quickly.

3: Bring right knee up to chest, then return quickly.

4: Repeat

How many can you do in 40 seconds?

Finished, great work!

This daily exercise session and warm up should have taken you about 15 minutes to complete.

Remember:

Feeling good: Do once a day!

Feeling fit: Do twice a day!

Feeling super fit: Do three times a day!

