

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!

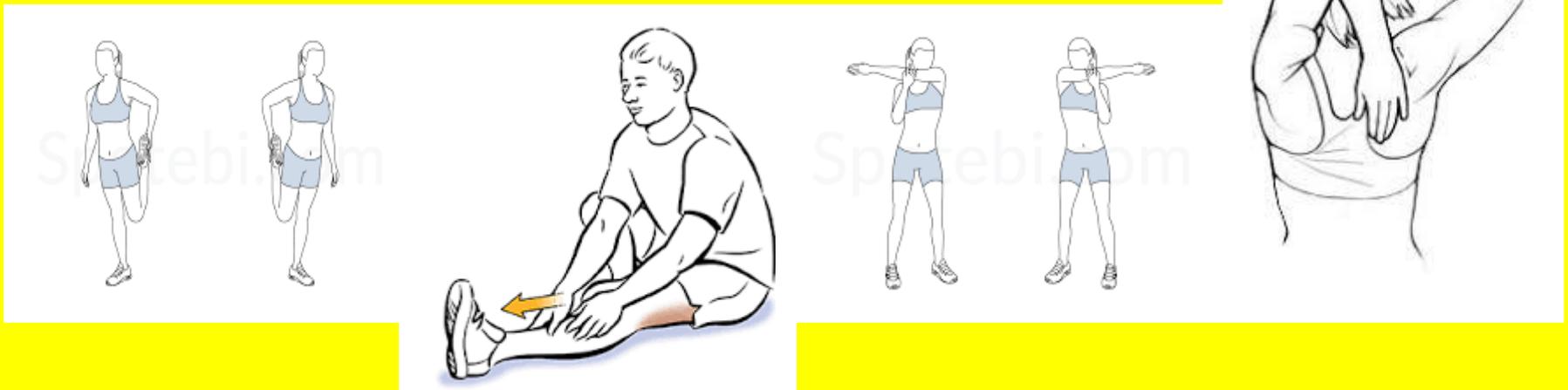
First, we warm up!

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

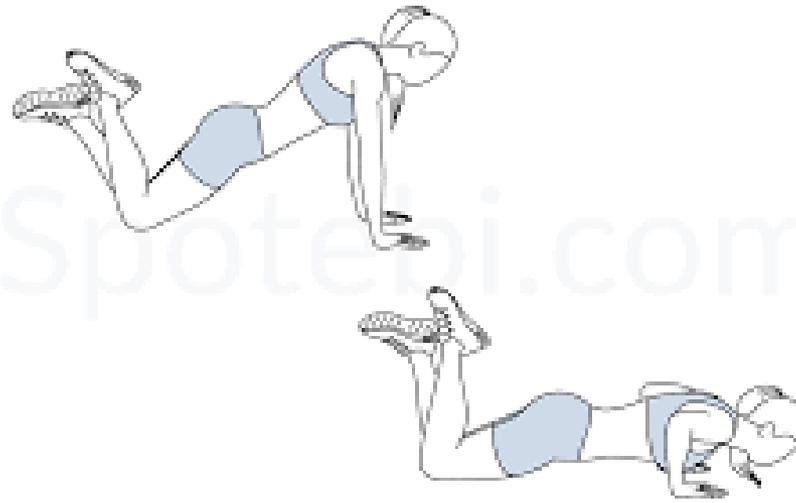
- ➔ Jog on the spot: 1 minute
- ➔ High knees on the spot: 1 minute
- ➔ Heel flicks on the spot: 1 minute
- ➔ Star jumps: 1 minute
- ➔ Spotty dogs: 1 minute
- ➔ Arm rotations: 1 minute

Then stretch.....

- ➔ Hold these stretches for about 15 seconds.



Push up



- 1: Knees on the floor, cross your feet.
- 2: Stretch your body out and place your hands on the floor under your shoulders.
- 3: Lower body until close to the floor.
- 4: Return to position then repeat.

How many can you do in 40 seconds?

Squat jumps



- 1: Feet shoulder width apart.
- 2: Bend your knees into squat position.
- 3: Explode into a jump straight up into the air.
- 4: Repeat.

How many can you do in 40 seconds?

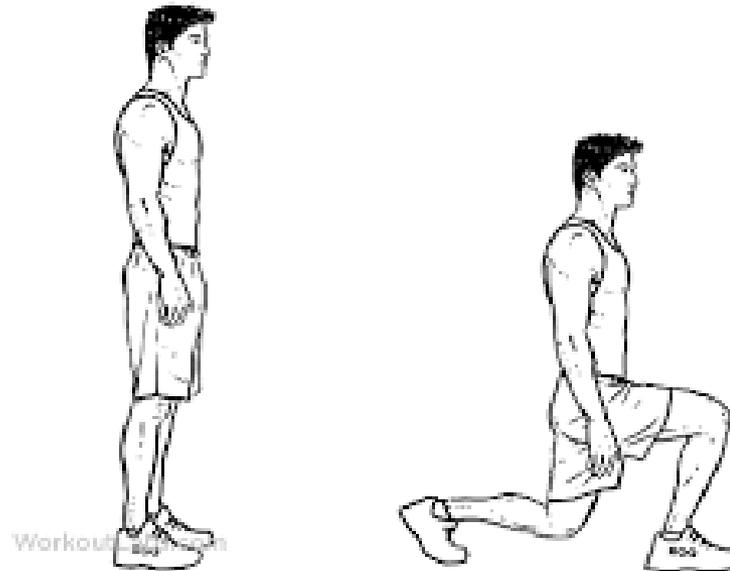
Sit ups



- 1: lie on the floor with your legs bent.
- 2: Hands on your temples not behind your head.
- 3: sit up until your elbows are close to your knees.
4. Repeat.

How many can you do in
40 seconds?

Lunges



- 1: Step forward slowly.
- 2: Keeping the back knee off the floor hold that position for 3 seconds.
- 3: Step back to standing position.
- 4: Repeat.

How many can you do in 40 seconds?

Lying leg raises



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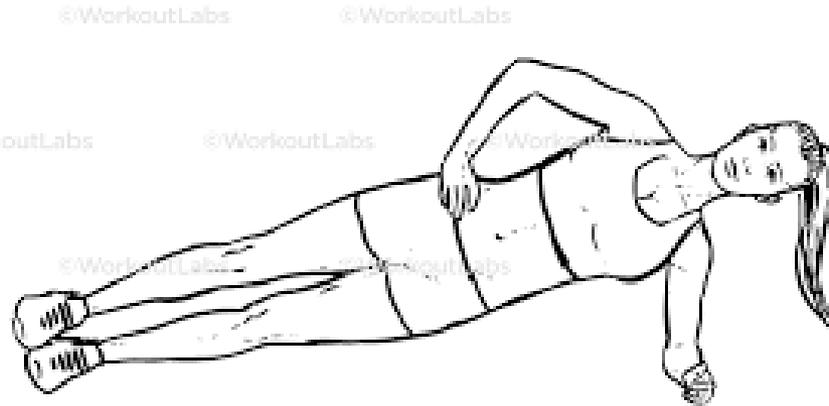
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- 1: Lie down with your hands by your side.
- 2: Lift your legs to 90 degrees.
- 3: Lower legs slowly.
- 4: Repeat.

How many can you do in
40 seconds?

Side plank



1: Lie on your side, leaning on your arm and the side of your feet.

2: Body not touching the floor and straight.

3: Hold the position on your right arm.

4: Hold this position on your left arm.

Can you hold this position for 40 seconds?

Finished, great work!

Remember to cool down by doing some light exercise/stretches. 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!

