At Home Activities

Use the following chart for ideas for activities that you can try at home. Pick five different exercises to complete, once you have done all five repeat them for three rounds. Be sure to start with a warm-up to get your muscles ready for movement and end with a cool down and stretches to avoid soreness. Once you’re done, think about all the activities you did. Circle the activities you enjoyed and star the activities that were challenging. Be sure to try all the activities before repeating.

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<th>Vertical Jump</th>
<th>Fitness Intervals</th>
<th>Cardio Day</th>
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| Jump as high as you can for 30 seconds. Repeat. | 10 squats  
10 broad jumps  
10 second sprints  
10 pushups  
10 sit-ups | 10 Jump rope  
10 Mountain climbers  
10 Boxing punches (use both arms)  
10 Step-ups | Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides | Plank 10 seconds  
10 crunches  
10 sit ups  
Repeat 5 times with no rest! | Sit down with your knees bent and soles of your feet touching with knees spread. Do a sit-up touching your heels and lower back down. | Hold Ragdoll Pose for 30 seconds. Repeat. |

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<th>Reverse Lunges to Front Kicks</th>
<th>Boat Pose</th>
<th>10 Chair Squats</th>
<th>Jab, Jab, Cross</th>
<th>Abs!</th>
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<th>Wild Arms</th>
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| Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace. | Hold Boat Pose three times for 15 seconds | Stand about six inches in front of a chair. Squat until your buttocks barely touches the chair and stand back up. | Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. | 10 knee to elbow planks  
10 crunches  
10 superman poses | Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds. | As fast as you can complete: 10 Arm Circles front & back  
10 Forward punches  
10 Raise the Roof’s Repeat 3x |

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<th>Scissor Jacks</th>
<th>Paper Plate Planks</th>
<th>10 Squat Kicks</th>
<th>Yogi Squat Pose</th>
<th>10 Star Jumps</th>
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| 10 side kicks  
10 front kicks  
10 back kicks | As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 10 | In plank position with paper plates under your feet. Complete 30s each:  
- mountain climbers  
- in and out feet  
- knees to chest | Complete a normal squat, as you are standing kick your right leg forward. Repeat on the left leg | Hold for 30 seconds rest and repeat. | Jump up with your arms and legs spread out like a star. Rest and repeat. | Shuffle three times to your right then punch across your body with your left hand. Repeat in the opposite direction. Repeat 10x. |

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<th>Bridge Pose</th>
<th>10 Shuffle Squat</th>
<th>10 Lunges with a Hook</th>
<th>Power Knees</th>
<th>Plank Jacks</th>
<th>10 Half Burpees</th>
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<td>Lie on your stomach. Keeping your legs straight kick them up and down while holding your glutes tight.</td>
<td>Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</td>
<td>Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</td>
<td>Complete a side lunge with a cross-hook punch. Do 10 on each side.</td>
<td>Bring hands over your head and have your hands and left knee meet in the middle as fast as you can. Repeat 10 times on each leg.</td>
<td>In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.</td>
<td>Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position.</td>
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<th>Walk Down Superman</th>
<th>Crane Pose</th>
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<th>10 Fly Jacks</th>
<th>10 High Knee Twists</th>
<th>Happy Baby Pose</th>
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| Walk your hands down to your feet and out until you’re flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times. | Here’s a challenge! Put your hands on the ground, lean forward & balance your knees on your elbows. | Jump squats  
20 seconds of work  
10 seconds of rest  
8 rounds | Done like a normal jumping jack except bring your arms to the side to form a T. Open & close your arms in front as you move your feet. | Bring your knee to your opposite elbow and switch. For a challenge add a hop when switching sides. | Straighten your legs for an added challenge. | Find an empty space on the wall and pretend to be sitting in a chair. Hold for 30 seconds. Repeat two more times. |

Yoga pictures from [www.forteyoga.com](http://www.forteyoga.com)