



# Daily Fitness Routine

Week 1 Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<ul style="list-style-type: none"> <li>-30 Star jumps</li> <li>-10 minutes skipping/jogging on the spot</li> <li>-20 minutes- walk with family</li> </ul>	<ul style="list-style-type: none"> <li>-Go for a walk or bike ride with a family member</li> </ul>	<ul style="list-style-type: none"> <li>-Play musical bumps with your family</li> <li>-20 star jumps</li> <li>-10 minutes practising throwing and catching with an family member</li> </ul>	<ul style="list-style-type: none"> <li>-Challenge your parent in a race outside! Set up an obstacle course (weather permitting)</li> <li>-20 minutes of dancing, get your groove on!</li> </ul>	<ul style="list-style-type: none"> <li>-10 minutes dribbling ball skills practise with a family member (weather permitting)</li> <li>-2 minutes jogging on the spot</li> </ul>	<ul style="list-style-type: none"> <li>Run or Walk outdoors for 30 minutes!</li> </ul>
Week 2 Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<ul style="list-style-type: none"> <li>-Get outside! Run 5 laps up and down your street (if possible)</li> <li>- 30 sit ups</li> <li>- 20 jumping jacks</li> </ul>	<ul style="list-style-type: none"> <li>-20 minutes of dancing, get your groove on!</li> <li>-30 high knees</li> <li>-30 hops</li> <li>-30 skips</li> </ul>	<ul style="list-style-type: none"> <li>-Go for a walk or bike ride with a family member</li> </ul>	<ul style="list-style-type: none"> <li>-10 minutes skipping or tuck jumps</li> <li>-20 sit ups</li> <li>-20 mountain climbers</li> </ul>	<ul style="list-style-type: none"> <li>-20 minutes just dance videos on YouTube</li> <li>- 20 lunges (10 each side)</li> </ul>	<ul style="list-style-type: none"> <li>Run or Walk outdoors for 30 minutes!</li> </ul>