



Daily Fitness Routine

Week 1 Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<ul style="list-style-type: none"> -30 lunges -30 star jumps -20 minutes- walk with family 	<ul style="list-style-type: none"> -10 burpees -1minute sit ups -play hide and seek a member of your family 	<ul style="list-style-type: none"> -20 minutes of dancing, get your groove on! Try just dance -30 hops -30 skips 	<ul style="list-style-type: none"> -Go for a walk or bike ride with a family member -try a yoga lesson online 	<ul style="list-style-type: none"> -build a den in the garden (weather permitting) or inside 	<ul style="list-style-type: none"> Run or Walk outdoors for 30 minutes!
Week 2 Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<ul style="list-style-type: none"> -create a treasure hunt - 1minute jogging on the spot - 30 high knees 	<ul style="list-style-type: none"> -20 minutes of dancing, get your groove on! -30 hops on each foot 	<ul style="list-style-type: none"> -10 minutes skipping or tuck jumps -10 minutes catching and throwing- try underarm and overarm 	<ul style="list-style-type: none"> -20 minutes just dance videos on YouTube -20 star jumps -20 mountain climbers 	<ul style="list-style-type: none"> -Go for a walk or bike ride with a family member -make up a simple routine to a chosen song 	<ul style="list-style-type: none"> Run or Walk outdoors for 30 minutes!