

Day 5

Physical activity challenge for the day

Here is a short exercise circuit for you to try. Do one round of the circuit, grab a quick drink of water and then go for round two!

Hip circles

Do this for 2 minutes:

1. Stand up straight with your hands on your hips. Keep your feet shoulder width apart.
2. Start with your right knee: lift your right knee straight up and rotate it out to the side.
3. Once your right foot hits the floor, lift your knee back up and rotate it back to the starting position.
4. Now your left knee: lift your left knee straight up and rotate it out to the side.
5. Once your left foot hits the floor, lift your knee back up and rotate it back to the starting position.

Bicycle crunch

Do this for 1 minute:

1. Find a space and lay down on your back with your hands behind your head.
2. Bend your knees and lift your feet up into the air.

3. Now try to touch your right elbow to your left knee. You can bring your knee back to meet your elbow.
4. Then try to touch your left elbow to your right knee. Again, you can bring knee back to meet your elbow. Keep alternating back and forth.

High knees

Do this for 1 minute:

1. Find a space and stand straight up with your elbows bent.
2. From this position start running in place, but try to get your knees up as high as you can.

Crossover toe touch

Do this 20 times:

1. Find an open space and stand with your feet spread apart and your arms stretched out the side.
2. Start by taking your right hand and bending over to touch your left foot. Then come all the back up to the starting position.
3. Then take your left hand and bend down to touch your right foot. Again, coming all the way back up to the starting position.
4. Now keep alternating! Right then Left.

Have a great day!

Mr. Casamento