

1

Triceps Dips

Start sitting on a bench, grip the bench and shift your butt forward. Drop down by bending your elbows back. Keep your back close to the bench and push up again.



2



Jack-Knives

Sitting on the ground or a bench, place your hands just behind your butt, fingers facing forwards. Bend your knees up to your chest then push your feet forward as you bend your elbows. To make it harder, don't place your hands on the ground, but hover them by your sides instead.

Step Ups

On a bench or step, lead with one leg for the first half of the time at the station, then make sure you lead with the other leg. Your whole foot needs to step onto the bench and make sure you step down landing gently to protect your knees.

4



3



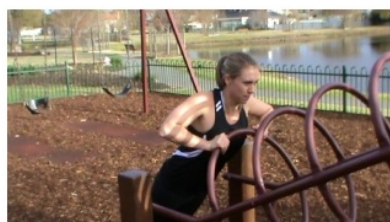
Modified Pull Ups

Get under a bar that you can reach with your knees bent. Hands should be shoulder width apart and in a reverse grip. Bend your elbows to pull your chest towards the bar (be careful not to hit your head as you do this). Lower back to a 'hanging' position. To make it easier, grab a higher bar and use your legs more. To make it harder, straighten your legs so your heels are just resting on the ground.

Hand On Your Heart Push Ups

With hands about shoulder width apart on a bench or bar, lower your chest down to the bar, keeping your body as straight as possible (no butts in the air). Push back with both hands and at the end of the move, take your right hand to your left shoulder. Place both hands back on the bar and repeat with the other hand crossing over.

5



Progression Push Ups

Start with hands slightly wider than shoulder width at a higher bar or step. Lower your chest to the bar and push back again. Step your feet back a little and lower your hands to the next bar down and repeat your push up. Again step back and lower down in a push up. Do as many push ups as you can on the low bar (this might only be one) then move back to the higher bars. If you can't do push ups on the lower bars, it's fine to just keep going on the higher bar. Again try to keep your body flat.



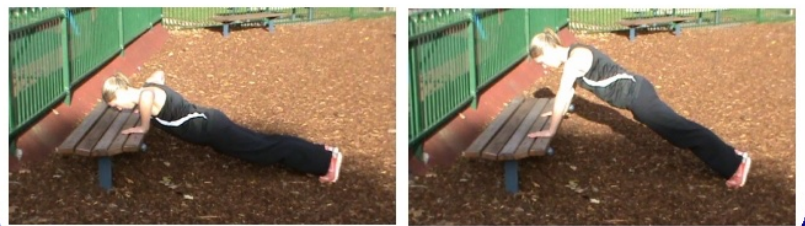
Lunges / Slide Lunges

Taking one big step forward with one leg, lunge by bending both knees, making sure your back leg comes straight down and your front knee stays behind your front toes. You can do these with your back foot raised slightly to make the move harder. Do one leg for the first half of the station then change.

8

Push Up and Run

On a bench with your arms wider than shoulder width, lower your chest down slowly then push as hard as you can. Straight away, sprint to the fence and back then repeat. If you need to make the push up easier, drop you knees to the ground or have your feet closer to the bench.



Pole Pull Ups

Grip the pole just above your head with your elbows bent. Pull yourself up so your feet are off the ground and lower down. To make it easier, jump up and lower down. If you can't lower down, keep hold of the pole and jump up and down, taking as much weight as you can in your arms. Do two lifts with your left hand on top then two with your right hand on top.



Star Jumps

Start with feet together and arms by your side. Jump your feet out to the sides as you raise your arms up towards the sky. Jump again back to starting position. (Jumping on the play equipment is optional, they work just as well on the ground.)

