

# PERSONAL TRAINING!

To design your personal workout, complete the activities against each of the letters of your name in the correct order.

You could design a **Mild**, **Spicy** and **Hot** work out:

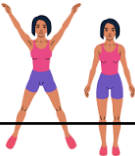









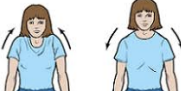



**Mild:** Your first name

**Spicy:** Your first name and Surname

**Hot:** Your first name, middle name, then surname. (If you don't have a middle name, use a sibling or pets name instead!)

For instructions on how to do the activities, see next slide!

a	10 star jumps	n	10 arm circles
b	Sitting hamstring stretch for 10 seconds	o	10 head turns
c	10 squat jumps (burpees)	p	Shake out for 30 seconds
d	20 high runs	q	20 bottom kicks
e	Standing hamstring stretch (20 second each side)	r	10 star jumps
f	Running on the spot for 30 seconds	s	10 second plank
g	20 Bottom kicks	t	20 high runs
h	Skipping around the garden (or room) for 30 seconds	u	Run on spot for 30 seconds
i	10 Ball risers	v	10 second leg balance
j	10 second leg balance	w	Standing hamstring stretch (20 seconds each side)
k	10 body twists	x	10 shoulder lifts
l	10 second plank	w	20 bottom kicks
m	10 shoulder lifts	z	10 squat jumps (burpees)

<b>STAR JUMPS</b>		Jump out and then jump in , reaching up with your arms as you jump out (1 rep)
<b>SITTING HAMSTRING STRETCH</b>		Sit on the floor and stretch your legs out in front of you. Reach towards your toes without bending your knees.
<b>SQUAT JUMPS</b>		Bend your knees (keep your heels on the ground) then jump as high as you can. Land and bend (1 rep)
<b>HIGH RUNS</b>		Run on the spot with your elbows on your waist and lower arms out flat. As you run, lift each knee so that it taps your hand.
<b>STANDING HAMSTRING STRETCH</b>		Put one foot in front of you and flex the foot, bend the other knee. Keep your hands on your hips or thigh.
<b>BOTTOM KICKS</b>		Hands behind your back, on your bottom, and turn your palms out. As you run on the spot, kick your hands with your heels.
<b>BALL RISERS</b>		Feet together – hold on to a wall if you need to. Rise onto balls of feet and down (1 rep). Keep knees straight.
<b>STANDING LEG BALANCE</b>		Stand still and raise arms to side. Lift one leg off the ground, bending at the knee. Hold.
<b>BODY TWISTS</b>		Put hands on hips and twist your upper body one way and then the other (1 rep). Keep legs straight and hips facing front.
<b>PLANK</b>		Lie horizontal, touching the floor with your toes and lower arms only. Hold.
<b>SHOULDER LIFTS</b>		Standing straight, lift both shoulders up towards ears and then lower. (1 rep)
<b>ARM CIRCLES</b>		Standing straight, arms by your sides. Keep arms straight, lift and rotate around, circling backwards, then circling forwards (1 rep)
<b>HEAD TURNS</b>		Keeping shoulders facing front, turn your head one way and then the other, trying get your chin to your shoulder.
<b>SHAKE OUT</b>		Jump and shake your body freely but quickly – remember to include hands, feet and shoulders!