

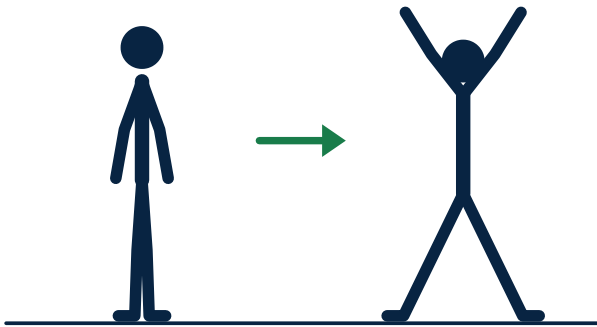
Star jumps

Work 30 seconds, rest 30 seconds, then move to station 2.

EQUIPMENT
None: a clear space

1 START

2 END



- 1 Feet together, arms down by your sides.
- 2 Feet apart, arms up above your head.

TEACHING POINTS

- 1 Jump your feet apart as your arms swing up.
- 2 Jump back to feet together, arms down.
- 3 Land softly on the balls of your feet.

STATION

1

OF 8

WORK

30

SECONDS

REST

30

SECONDS

NEXT

2

▼
EASIER

Step one foot out at a time instead of jumping.

▲
HARDER

Go faster, keeping every landing soft.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.

✂ Cut along the dashed line

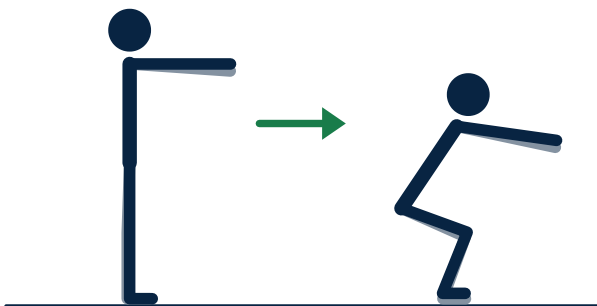
Squats

Work 30 seconds, rest 30 seconds, then move to station 3.

EQUIPMENT
None: a clear space

1 START

2 END



- 1 Stand tall, feet shoulder-width apart.
- 2 Hips back, knees over toes, back straight.

TEACHING POINTS

- 1 Push your hips back as if to sit on a chair.
- 2 Keep your knees in line with your toes.
- 3 Keep your back straight and chest up, then push up through your heels.

STATION

2

OF 8

WORK

30

SECONDS

REST

30

SECONDS

NEXT

3

▼
EASIER

Bend your knees less, or squat to touch a bench and stand up.

▲
HARDER

Go lower with control, and hold for two seconds at the bottom.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.

Press-ups

Work 30 seconds, rest 30 seconds, then move to station 4.

 **EQUIPMENT**
A mat

STATION

3

OF 8

WORK

30

SECONDS

REST

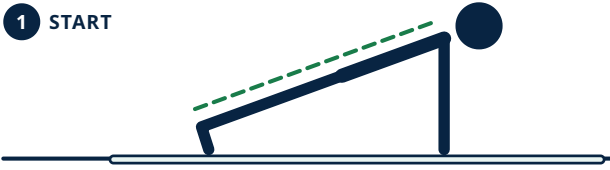
30

SECONDS

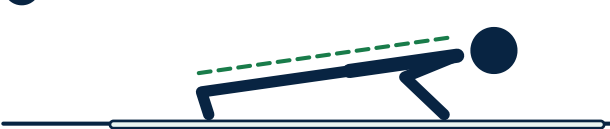
NEXT

4

1 START



2 END



1 Arms straight, body straight head to heels.

2 Bend your elbows: chest lowers to the floor.

TEACHING POINTS

- 1 Hands flat, just wider than your shoulders.
- 2 Keep a straight line from your head to your heels.
- 3 Lower your chest towards the floor, then push back up.

▼
EASIER

Knees down, in a straight line from head to knees.



▲
HARDER

Lower slowly for a count of three, then push up.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.

Cut along the dashed line

Plank

Work 30 seconds, rest 30 seconds, then move to station 5.

 **EQUIPMENT**
A mat

STATION

4

OF 8

WORK

30

SECONDS

REST

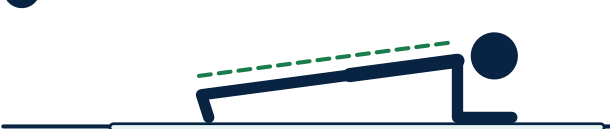
30

SECONDS

NEXT

5

1 HOLD



2 KNEES DOWN



1 Straight line from shoulders to heels.

2 Knee option: shoulders to knees in a line.

TEACHING POINTS

- 1 Elbows under your shoulders, forearms flat on the mat.
- 2 Keep your hips level: do not let them sag or lift.
- 3 Breathe steadily. Rest if you need to, then go again.

▼
EASIER

Knees on the mat (picture 2), keeping the straight line.

▲
HARDER

Hold the full plank for the whole 30 seconds.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.

Step-ups

Work 30 seconds, rest 30 seconds, then move to station 6.



EQUIPMENT
A low, steady bench
or step

STATION

5

OF 8

WORK

30

SECONDS

REST

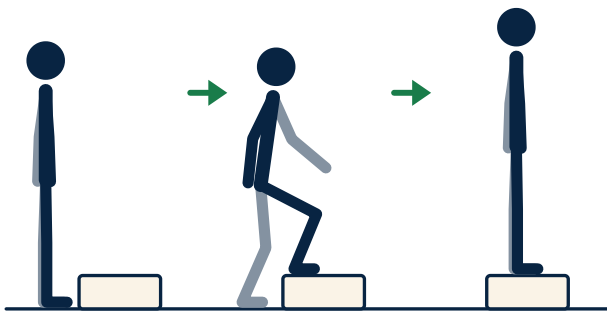
30

SECONDS

NEXT

6

1 START 2 ONE FOOT 3 BOTH FEET



UP One foot (2), then the other (3).

DOWN The same way, one foot at a time.

TEACHING POINTS

- 1 Put your whole foot on the step each time.
- 2 Stand up tall at the top before you step down.
- 3 Swap your leading foot halfway through.

▼
EASIER

Go at a slow, steady pace, or use a lower step.

▲
HARDER

Go faster with control, swinging your arms.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.

Skipping

Work 30 seconds, rest 30 seconds, then move to station 7.



EQUIPMENT
A skipping rope (or
no rope)

STATION

6

OF 8

WORK

30

SECONDS

REST

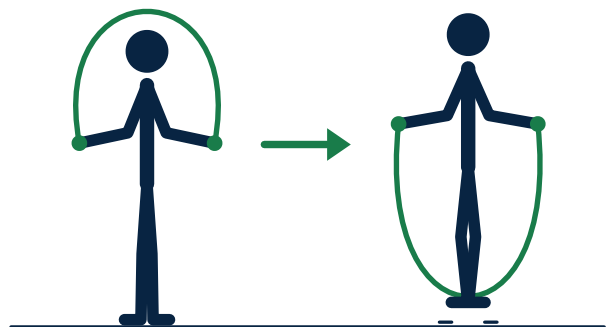
30

SECONDS

NEXT

7

1 START 2 END



1 Hands at hip height, rope over your head.

2 Small jump: rope passes under your feet.

TEACHING POINTS

- 1 Turn the rope with your wrists, elbows close to your sides.
- 2 Make small jumps, just high enough for the rope.
- 3 Land softly on the balls of your feet.

▼
EASIER

No rope: turn pretend handles and do small jumps.

▲
HARDER

Skip faster, or try jogging steps over the rope.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.

Shuttle runs

Work 30 seconds, rest 30 seconds, then move to station 8.



EQUIPMENT
Two cones and a line at each cone

STATION

7

OF 8

WORK

30

SECONDS

REST

30

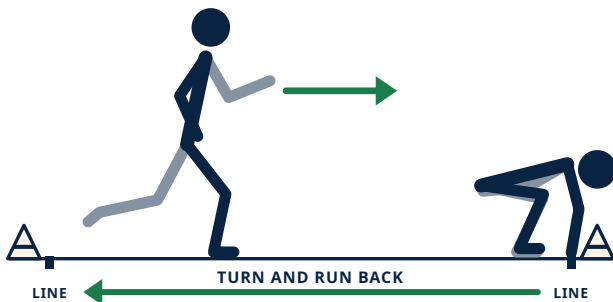
SECONDS

NEXT

8

1 RUN

2 TOUCH THE LINE



- 1 Start behind a line. Run to the far line.
- 2 Bend, touch the line, turn and run back.

TEACHING POINTS

- 1 Bend your knees to reach the line with your hand.
- 2 Turn quickly and push off to run back.
- 3 Keep running until the 30 seconds are up.

▼
EASIER

Jog instead of running.

▲
HARDER

Run faster and count how many lines you touch.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.

Cut along the dashed line

Mountain climbers

Work 30 seconds, rest 30 seconds, then move to station 1.



EQUIPMENT
A mat

STATION

8

OF 8

WORK

30

SECONDS

REST

30

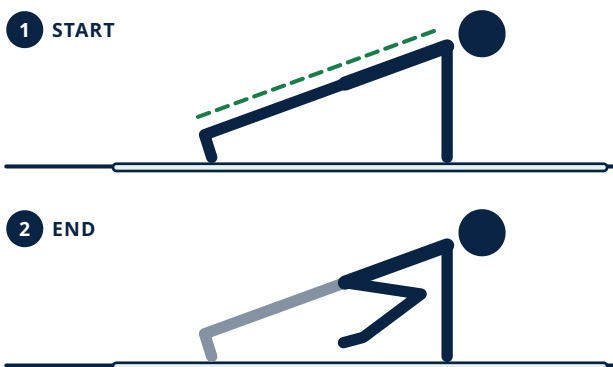
SECONDS

NEXT

1

1 START

2 END



- 1 Press-up position, hands under shoulders.
- 2 Drive one knee to your chest, then swap.

TEACHING POINTS

- 1 Hands flat under your shoulders, arms straight.
- 2 Drive one knee towards your chest, then swap legs.
- 3 Keep your hips low and your back flat.

▼
EASIER

Go slowly: step one foot in, then back, then swap.

▲
HARDER

Speed up while keeping your hips low.

♥ Warm up first. Work at your own level. Stop if anything hurts and tell your teacher.