

Monday - Roll the Dice Workout #1

You need: 2 dice, mat or towel, a timer

Roll a dice to establish how many sets of each exercise you will do. Roll it again to establish how many repetitions you will do in each set. Do the first round at low intensity to warm up. When you have finished have a breather/drink break and roll the dice again. Continue for a half hour.

1. Squats with punches at the top
2. Star jumps
3. Tricep dips
4. Crunches
5. Lunges (alternating legs)
6. Sprints across the yard
7. Bicep curls (handweights or 400g cans)
8. Reverse crunches

Walk to cool down, then stretch/relax

Tuesday - Roll the Dice Workout #2

You need: 2 dice, mat or towel, a timer

Take turns rolling two dice. The sum of the dice determines which exercise you will do next. Workout at low intensity for the first five minutes to warm up. Continue for a half hour.

2. 6 x burpees
3. 30 seconds running on spot or high knees
4. 10 x pushups (knees or toes)
5. 15 x Squats (as 10 full squats, 5 pulses)
6. 15 Crunches
7. 30 second plank/hover hold
8. 30 seconds of punching in front
9. 40 seconds of star jumps or step touches
10. 30 seconds heels to butt kicks
11. 30 second wall sit
12. 40 second side plank (20 sec each side)

Walk to cool down, then stretch/relax

Wednesday - Deck of cards Workout

You need: A deck of cards, mat or towel, a timer

Turn over one card at a time and do the exercise associated with the suit. The number on the card is the number of repetitions you will do. Ace = 1. Jack, Queen and King = 10. Jokers = 10 burpees. Workout at low intensity for the first five minutes to warm up. Do 15 minutes of each round with a breather/drink break in between.

First round

Hearts: Calf raises
Spades: Front kicks
Diamonds: Push ups (knees or toes)
Clubs: Supermans

Second round

Hearts: Sumo (wide-legged) squats
Spades: Star jumps or step touches
Diamonds: Bicep curls (use handweights or 400g cans)
Clubs: Reverse crunches

Walk to cool down, then stretch/relax

Thursday - 30/30/60 Workout

You need: A mat or towel, a timer

Workout at low intensity for the first five minutes to warm up. When you get to the end have a breather/drink break and repeat 1-2 more times.

- 30 seconds of squats
- 30 seconds of tricep dips
- 60 seconds of supermans
- 30 seconds of lunges (alternating legs)
- 30 seconds of bicep curls (handweights or 400g cans)
- 60 seconds of crunches
- 30 seconds of sumo squats (as 10 full squats, 5 pulses)
- 30 seconds of sprints across the yard
- 30 seconds of pushups
- 60 seconds plank/hover hold
- 30 seconds calf raises
- 30 seconds punching up high
- 60 seconds star jumps or step touches
- 30 seconds power knees
- 30 seconds arm circles
- 60 seconds side planks (30 seconds each side)

Walk to cool down, then stretch/relax

Friday - Alphabet Workout

You need: A mat or towel, a timer

Start by spelling your names (perform the exercise associated with each letter), then spell Streets/Countries/Names of pets etc (whatever you can think of – home schooling and exercise combined – win!). Continue for 30 minutes. Workout at low intensity for the first five minutes to warm up.

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| A. 10 squats | N. 10 crunch pulses |
| B. 10 star jumps or step touches | O. 30 seconds high punches |
| C. 30 second plank/hover hold | P. 10 crunches |
| D. Arm circles (10 to the front, 10 to the back) | Q. 4 laps across the backyard |
| E. 30 seconds run on the spot | R. 15 bicep curls (with hand weights or cans) |
| F. 15 calf raises | S. 30 seconds skipping (with or without rope) |
| G. 12 lunges (alternating legs) | T. 20 seconds punching in front |
| H. 30 seconds heels to butt | U. 10 squats with a punch in front at the top |
| I. Side plank (20 seconds each side) | V. 10 sumo (wide-legged) squats |
| J. 12 tricep dips | W. 20 seconds punching up high |
| K. 10 pushups (on knees or toes) | X. 20 seconds high knee running on spot |
| L. 30 seconds uppercut punches | Y. 10 alternating side lunges |
| M. 10 reverse crunches | Z. 10 power knees (5 each side) |

Walk to cool down, then stretch/relax

Saturday - Partner Circuit

You need: A partner, a mat or towel, a timer

Partner 1 does the first exercise, while partner 2 does the second. Do each exercise for 1 minute and then swap exercises. Perform each round 4 times (2 x each exercise). Rest for a minute in between each round. Perform the first round at low intensity to warm up.

Round 1

Partner 1: Crunches

Partner 2: Sprints across the yard

Round 2

Partner 1: Sumo (wide-legged) squats

Partner 2: Uppercut punches

Round 3

Partner 1: Calf raises

Partner 2: Arm circles

Round 4

Partner 1: Lunges (alternating legs)

Partner 2: Plank/Hover hold

Round 5

Partner 1: Wall sit

Partner 2: Punches in front

Round 6

Partner 1: Side plank (30 seconds each side)

Partner 2: Front kicks

Would you Rather? Workout or Flip a Coin Workout

You need: A mat or towel, a timer

This one is simple. You complete 6 exercises for 45 seconds each with a 15 second rest in between each, but you get to choose from either List A (Heads) or List B (Tails). If you prefer, you can flip a coin to determine which exercise you'll do. When you get to the end, have a breather/drink break and then repeat 4-5 times. Perform the first round at low intensity to warm up.

List A (Heads)

1. Skipping
2. Tricep dips
3. Crunches
4. Kicks to the front
5. Squats
6. Wall sit

List B (Tails)

1. Running across the yard
2. Pushups (knees or toes)
3. Plank/hover hold
4. Running on spot (heels to butt)
5. Lunges
6. Calf raises

Walk to cool down, then stretch/relax