**Star jumps**

Begin with your feet shoulder width apart and hold your arms close to the body, then squat down halfway and explode back up as high as possible while fully extending your entire body, spreading your legs and arms away from the body.

**High knees**

Stand straight with feet hip width apart and then jump from one foot to the other at the same time lifting your knees as high as possible. The arms should be following the motion and balls of your feet should be touching the ground each time.

**Squat thrusts**

Put your hands on the floor, shoulder width apart and stretch your legs out behind you as if you are about to do a press up. In one movement, bring both legs into a tuck position, bending the knees into the chest. Then return to the first position.

**Sit-ups/Crunches**

An exercise in which a person lies flat on the back, lifts the torso to a sitting position, and then lies flat again without changing the position of the legs: usually done with the knees bent.
**Press-ups**

Get into a plank position. Place your hands on the ground, directly under shoulders. Begin to lower your body—keeping your back flat until your chest grazes the floor, and then push back up.

**Press-ups on knees**

Get into the plank position, but put your knees on the floor rather than your feet. Keeping your body straight and knees bent lower your body to the floor by bending arms. Push body up until your arms are fully extended.

**Plank**

Start by getting into a press up position. Bend your elbows and rest your weight on your forearms and not on your hands. Your body should form a straight line from shoulders to ankles. Engage your core by sucking your belly button into your spine.

**Squats**

Stand with your feet shoulder width apart. You can place your hands behind your head. Begin the movement by flexing your knees and hips, sitting back with your hips. Continue down to full depth if you are able, and quickly reverse the motion until you return to the starting position.
**Step-Up**

Starting Position Stand in front of a step, bench or stair with back, legs and arms straight, feet hip-distance apart, and weights in each hand (palms facing the body). Action EXHALE: With right leg, step onto the centre of the bench and straighten your right leg at the top.

**Burpee**

1. Begin in a standing position.
2. Drop into a squat position with your hands on the ground. (count 1)
3. Kick your feet back into a plank position, while keeping your arms extended. (count 2)
4. Immediately return your feet to the squat position. (count 3)
5. Jump up from the squat position (count 4)
**Wall Sit**

The person wall sitting places their back against a wall with their feet shoulder width apart and a little ways out from the wall. Then, keeping their back against the wall, they lower their hips until their knees form right angles.

**Lunges**

To perform a lunge you place one leg in front of the other and then slowly lower down until the back leg is at a right angle. Then slowly stand back up and take one-step forward then repeat the movement.

**Mountain climber**

Mountain climbers is a full body work out and here are a few of the muscles they work; Deltoids, biceps, triceps, pectoralis major, oblique’s, rectus abdominals, lower trapezius, latissimus dorsi, quadriceps, hamstrings, hip adductors, hip abductors.
**Up and down planks**

The goal is to maintain a solid plank position throughout the whole exercise and to not let your hips sway.

Starting on your elbows and toes, or for Level 1, on your knees, engage your core before you start. Keep your hips as still as possible, push up with one hand then the other until you are propped up in a push-up position.

Lower back down to your elbows one arm at a time. Halfway through, change your leading arm so you strengthen the other shoulder as you press up to your hands.

**Pulse Squats**

Stand with your feet shoulder width apart. You can place your hands behind your head. Begin the movement by flexing (bending) your knees and hips, sitting back with your hips. Continue down to full depth if you are able, from there slightly straighten legs so the squat is not as deep. You then ‘pulse’ by going from the deepest squat position to a less strenuous one, make sure you are always in the squat position and never standing up during the exercise.
**Squat jump**

1. Stand with your feet shoulder-width apart.
2. Start by doing a regular squat, then engage your core and jump up explosively.
3. When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.
4. Do two to three sets of 10 reps.

**Jumping jacks**

1. Start by standing with your feet together.
2. In one motion, jump your feet out to the side and raise your arms above your head.
3. Immediately reverse the motion by jumping back to the starting position.
4. Repeat for the recommended amount of repetitions.
**Bear Crawls**

The Bear Crawl is a strengthening and cardio exercise that involves nearly all your muscle groups including the ones in your lower body, upper body and core. Besides firing up your metabolism, this move is one of the most effective upper body moves around. Use the muscles in your chest, arms, shoulders, upper back and abdomen; your knees cannot touch the ground throughout the move.

**Sumo Squat**

Start in a standing position with your feet wide apart and your toes pointing at 45° angles. By wide we mean wider than shoulder-width apart – around a foot (30cm) beyond your shoulder on each side.

Drop into a squat, bending at the hips and knees and sitting back. Keep your chest up and knees out. Keep lowering until your thighs are parallel to the ground, or even slightly below parallel if you have it in you. Then stand back up to the starting position. Make sure you don’t lift your feet off the ground or round out your lower back as you perform the sumo squat.

**The ‘T’ – Press up**

Begin in full push-up position — wrists below shoulders, legs extended, toes tucked under, abs engaged. Lift your right arm toward the ceiling, rotating entire body to right; keep hips and legs stacked. Hold for two seconds, then return to start. Do one push-up; repeat on left side.
Leg Raises

1. Lie on your back, legs straight and together.

2. Keep your legs straight and lift them all the way up to the ceiling until your butt comes off the floor.

3. Slowly lower your legs back down till they’re just above the floor. Hold for a moment.

4. Raise your legs back up. Repeat.

Chest to Floor Burpee

1. Begin in a standing position.

2. Drop into a squat position with your hands on the ground.

3. Kick your feet back into a plank position, while keeping your arms extended.

4. Lower your chest to the floor and make sure your hands are not in contact with the ground.

5. Immediately return your feet to the squat position.

6. Jump up from the squat position.