

12 Exercises to do at home

Plank

How long can you hold it for?

If you're not sure how to do the exercise

https://www.youtube.com/watch?v=ASdvN_XEI_c



Squats

How many can you do in a minute?

If you're not sure how to do the exercise

<https://www.youtube.com/watch?v=aclHkVaku9U>



Jumping Jacks

How many can you do in a minute?

If you're not sure how to do the exercise

<https://www.youtube.com/watch?v=c4DAnQ6DtF8>



Tricep dips

How many can you do in a minute?

If you're not sure how to do the exercise

<https://www.youtube.com/watch?v=6kALZikXxLc>



Press ups

How many can you do in a minute?

If you're not sure how to do them

<https://www.youtube.com/watch?v=rjc0O7OXS3g>



Sit ups

How many can you do in a minute?

If you're not sure how to do them

https://www.youtube.com/watch?v=1fbU_MkV7NE

Burpee

How many can you do in a minute?

If you're not sure how to do them

<https://www.youtube.com/watch?v=dZgVxmf6jkA>



Flutter Kicks

How long can you hold this exercise for?

If you're not sure how to do them

<https://www.youtube.com/watch?v=WRnq49TAw-w>

Leg Raises

How many can you do in a minute?

If you're not sure how to do them

<https://www.youtube.com/watch?v=JB2oyawG9KI>





Tuck Jumps

How many can you do in a minute?

If you're not sure how to do them

<https://www.youtube.com/watch?v=mgBCOVR1hqw>

Star Jumps

How many can you do in a minute?

If you're not sure how to do them

<https://www.youtube.com/watch?v=EyU4ev3Z3pc>

1A



1B



Crunches

How many can you do in a minute?

If you're not sure how to do them

https://www.youtube.com/watch?v=Xyd_fa5zoEU

