



# FULL BODY HIIT

You will need :

Water

Comfy clothes

A space to move



THIS

OR

THAT

## **BEFORE YOU BEGIN:**

Typically, we shouldn't need to speak to a doctor before we exercise, especially if we have no underlying health implications.

If you have experienced symptoms of Heart, Kidney or metabolic conditions, we advise that you speak with a healthcare professional before you take part in our sessions.

## **TIPS:**

- Prepare your exercise space around you by clearing an area.
- Use something sturdy for support (kitchen work surface or table).
- Easy access to water.
- Keep a telephone or mobile phone nearby in case of emergency.
- If at any time you feel dizzy or experience discomforting pain, please stop and rest.

## **Safety:**

The activities provided are covid compliant and should be performed inline with current government guidelines.

- Please have an adult present at all times when families and young people are taking part in this activity.
- Perform all exercises to your ability. We have included a range of exercises suitable for all, however please ensure that the activity is at the right level for you.
- If at any point you require medical assistance, call emergency operators on **999** or if the matter isn't an emergency, you can seek non-urgent medical advice by calling **111**.
- Please warm up and cool down after any activity.
- Wear comfortable/loose clothing and suitable (non slip) footwear.
- If there is an activity or movement you or someone else have been advised against or feel unsuitable, then please do not attempt it.
- If at any point you or someone doing the activity feels unwell, experiences pain or discomfort then please stop and seek medical assistance if required.

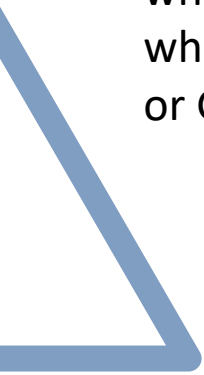


## **Disclaimer**

Please read the following.

- Participation in any exercise or activity is done so at you and your family's own risk.
- If you have an injury or any medical condition that might make taking part detrimental to your health you should consult your doctor or a health professional before undertaking.
- If you have or someone you are doing the activity with has an injury or medical condition which could affect you while exercising but have been given the go ahead by a health professional to exercise, please let us know of your condition before the sessions so we are able to inform the instructor.
- If you feel an exercise is not suitable for you during the session, please stop immediately.
- Adults are responsible for their children at all times.

You and your family are participating at your own risk. It is your responsibility to ensure you and your family's safety whilst participating in the activity. If you or a member of your family have a health condition, injury or anything where participating could be detrimental to your/their health then please seek advice from your health professional or GP before undertaking.

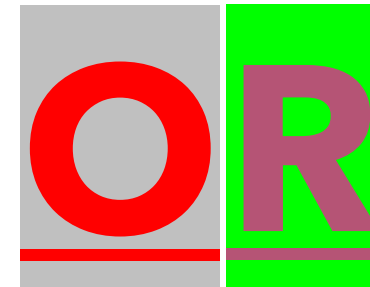
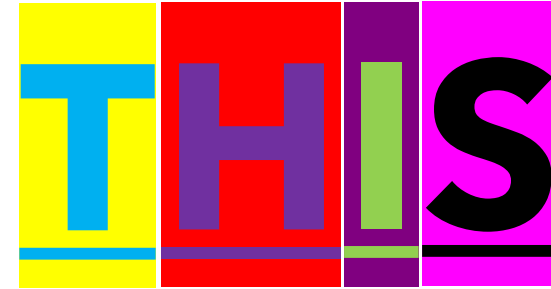


# WHAT TO DO

- WOULD YOU RATHER THIS OR THAT?  
...TAKE YOUR PICK, THEN DO THE CORRESPONDING EXERCISE.
- YOU CAN CHOOSE **10**, **20**, **30** OR **45+** SECONDS.
- THERE ARE 4 ROUNDS TO WORK DIFFERENT PARTS OF YOUR BODY; ARMS, LEGS, CORE & VASCULAR EXERCISE, EACH WITH 3 EXERCISES!
- AFTER EACH EXERCISE THERE WILL BE A 30/15 SECOND REST
- AT THE END OF EACH ROUND HAVE A 2 MINUTE REST.

## **MOST IMPORTANTLY:**

Make it work for you: take the jumps out the squats to make it easier, add in some cans of soup to the arm exercises to make them harder!



# DOGS

# OR

# CATS



## **SIT UPS/CRUNCHES**

Lay flat on the floor with your knees fully bent and bring your chest to your knees, keeping your chin up.



## Core



## **PLANK**

Move into the press up position and hold that stance.



# SUN

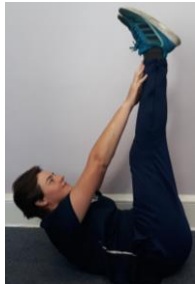
# OR

# SNOW



## V-SIT

Lay flat on the floor and point your toes to the sky (or as high as you can reach) and try to touch your toes

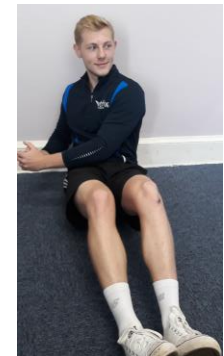


## Core



## ROW THE BOAT

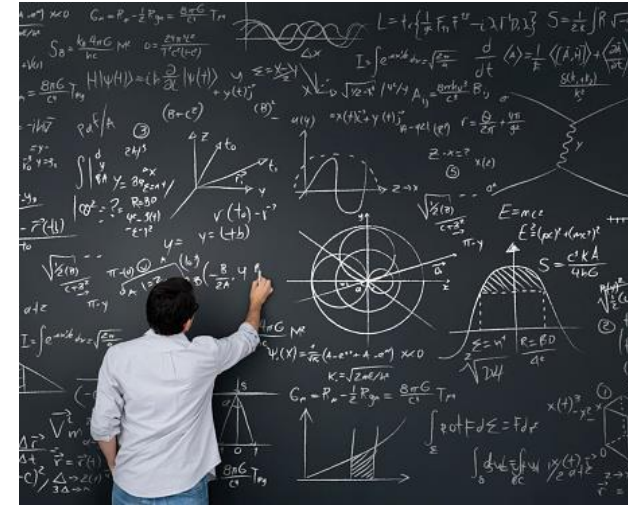
Sit on the floor with your legs out in front of you, hands together pretend touch the floor either side like you're rowing a boat.



# LITERACY

# OR

# NUMERACY



## SUPERMANS

Lay on your stomach with your arms above your head and in spurts lift both your arms and legs off the floor



## Core



## TURN YOURSELF INTO A BRIDGE

Place your hands and feet on the floor, keep your back straight and your stomach muscles as stiff as you can for 30 seconds.





**End of round 1 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**



**Set a 2 minute  
timer!**



# GUITAR

# OR

# SAXOPHONE



## **STAR JUMPS**

Wave your arms up and to your sides whilst jumping on the spot. Simultaneously move your legs outwards and inwards.



## Cardio



## **HIGH KNEES**

Put your hands out in front of you waist high and lift your knees towards your chest while jumping on the spot



# COLD DRINK

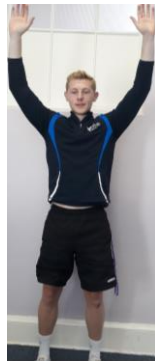
# OR

# HOT DRINK



## **FROG JUMPS**

Fully bend your legs and place hands by feet and jump in the air, then return to starting position



## Cardio



## **HOPPING ON THE SPOT**

On one leg, jump on the spot. Don't forget to swap legs!



# INVISIBILITY

OR

# FLYING



## **SKIPPING**

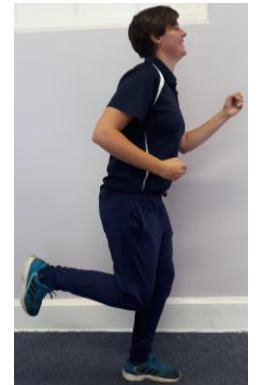
Try skipping on the spot.  
How high can you skip?


## Cardio



## **JOG ON THE SPOT**

Keep your knees high and  
your arms moving but  
don't move from your spot!





**End of round 2 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**



**Set a 2 minute  
timer!**



# DEEP SEA DIVER OR ASTRONAUT

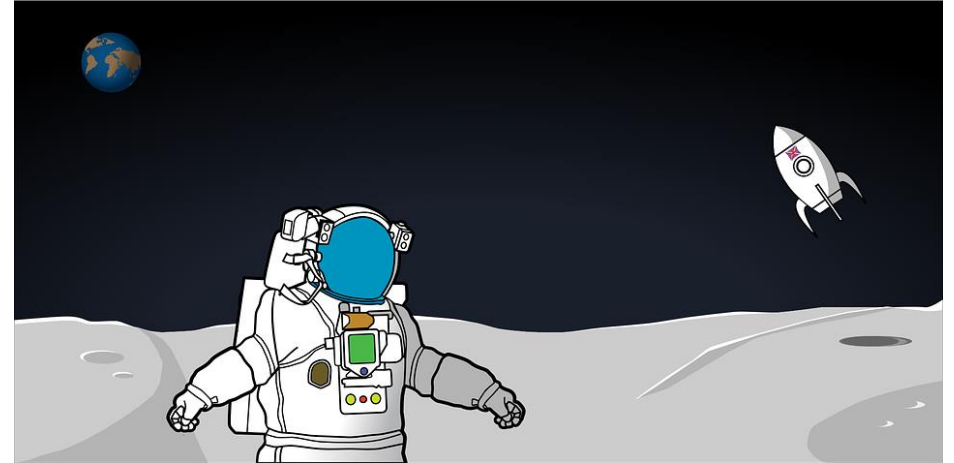
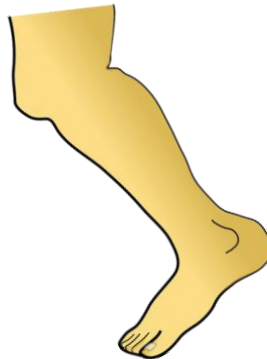


## **SIDE LUNGES**

Place one leg out to the side and bend your leading leg till you feel a stretch in your groin. Repeat this process

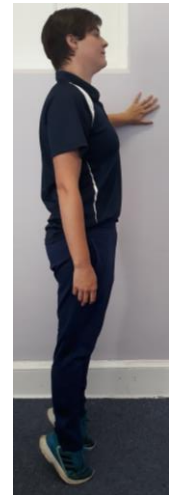


## Legs



## **CALF RAISES**

Lift your heels off the floor and balance on your toes. You can choose to do one leg at a time or both



# BEING ACTIVE OR RELAXING



## LUNGES

Place one leg in front of you and bend your leading leg till your knee on the trailing leg is just above the floor. Keep your front knee in line with your foot.



## Legs



## SQUATS

Place your arms out in front of you and imagine slowly sitting down on an imaginary chair and return to standing position (use a real chair to make it easier). Keep your back straight and your knees over your feet.



# GO BACK IN TIME



## **TOUCH YOUR TOES**

Keeping your legs as straight with a soft bend in your knees, bend down to reach your toes or even the floor. Don't worry if you can't reach too low!

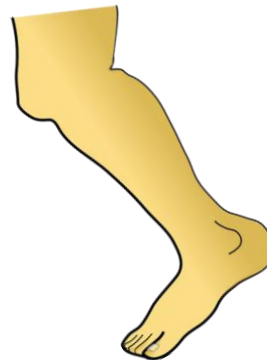


**OR**

# GO FORWARD IN TIME

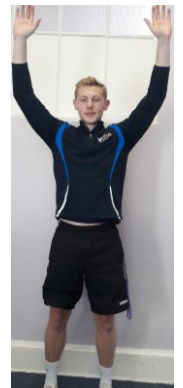


## Legs



## **REACH THE SKY**

Stand on your tip toes and reach as high as you can





**End of round 3 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**



**Set a 2 minute  
timer!**

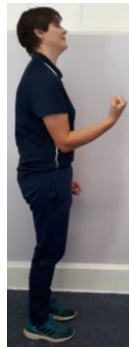


# PET PENGUIN



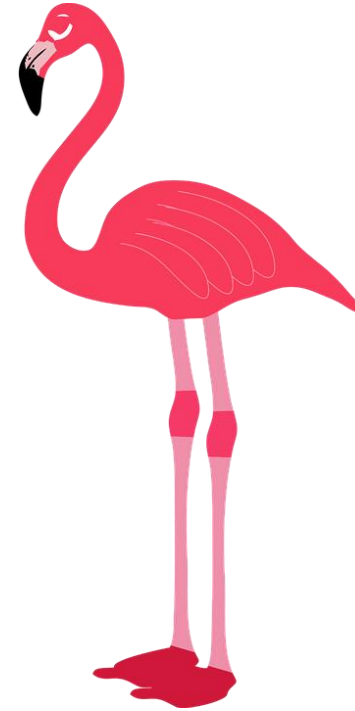
## **BICEP CURLS**

With or without equipment, keep your elbows by your sides, slowly lift your hands towards your shoulders



**OR**

# PET FLAMINGO



## Arms



## **UP AND DOWNS**

Touch your toes, touch your knees, touch your shoulders and reach for the sky and start again. How many can you do in 30 seconds?

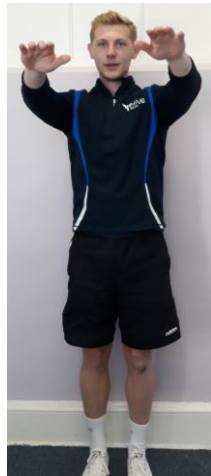


**GIVE UP TV  
FOREVER**



**ARM RAISES**

Standing upright and keeping a straight back, lift your arms from your sides out wide and back to your starting position.



**OR**

**GIVE UP MUSIC  
FOREVER**



**Arms**



**ARM CIRCLES**

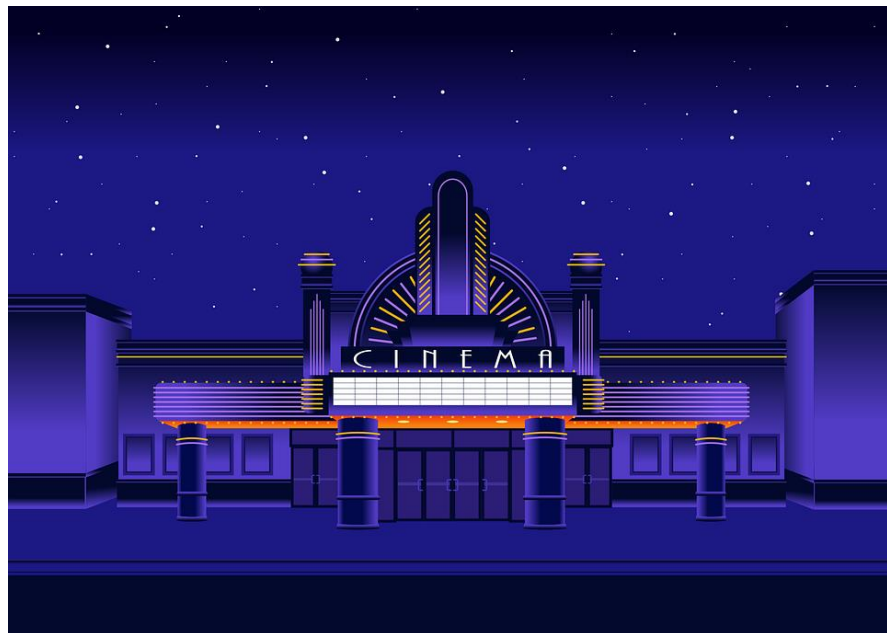
Place your arms out to the side and begin by making little circles. Slowly get bigger and bigger



# CINEMA

# OR

# THEATRE



## Arms


### **TRICEP DIP**

Seated on the floor, push your hips off the floor



### **ARM SWINGERS**

Stand up straight and try to bring your arms above your head and back down to your waist (like your swimming back stroke)



**End of round 4 - Have a break!**

**GRAB SOME  
WATER**

**What Did You Choose?**



**Thank you for taking part!**

**We hope you enjoyed our  
challenge**

