Some Indoor Exercising Ideas for Week 1

In 1 minute how many of each exercise can you do?

* Star jumps
* Sit ups
* Burpees
* Squats

Use google videos for any exercises you are unsure of.

Use a note pad to record each day the family scores.

Talk about the highest score, the lowest score and compare your scores at the start of the week to the end of the week? Have they improved?

Are you getting fitter?

Who is the fittest in your family this week?

Also at 9.30am every morning Joe Wicks will be teaching the nation LIVE workouts to stay active while off school and nursery.

<https://www.thebodycoach.com>