Jogging on the Spot

Jog on the spot and try your best to keep in the same place.

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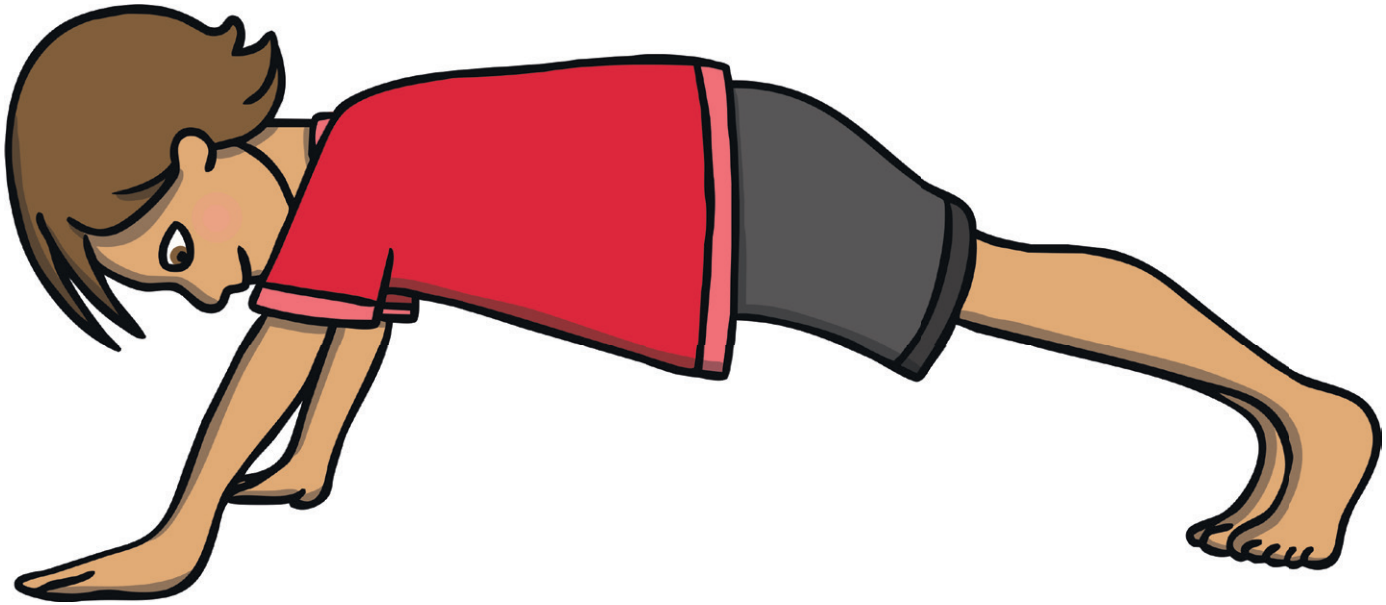
Plank

Hold your body in the plank position for as long as you can. Take a rest when you need to. You can put your knees on the floor to make the move easier.



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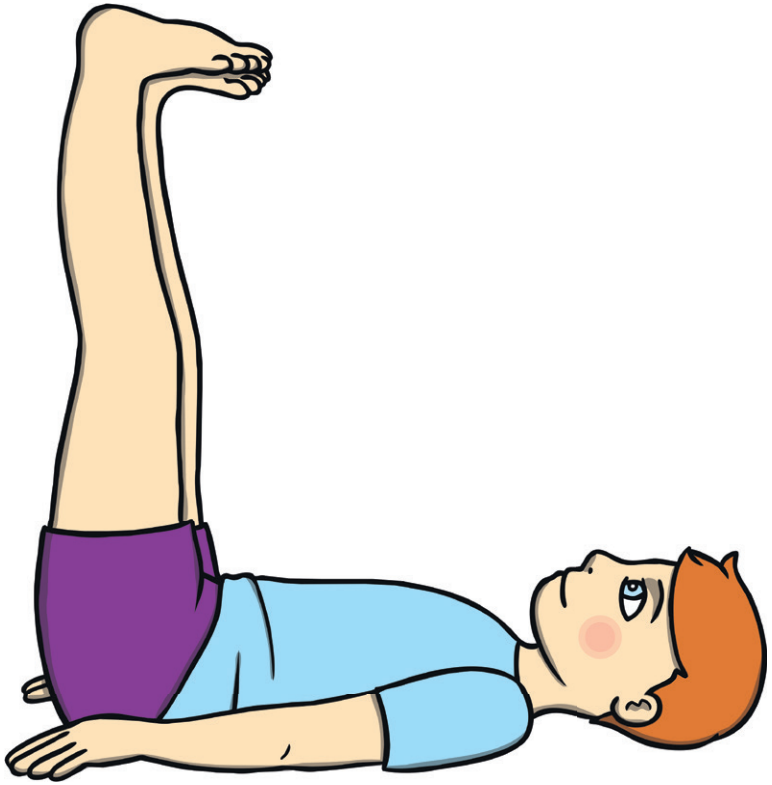
Leg Raises

Lie on your back and slowly raise one leg. Lower your leg slowly back down to the floor. Repeat with the other leg.



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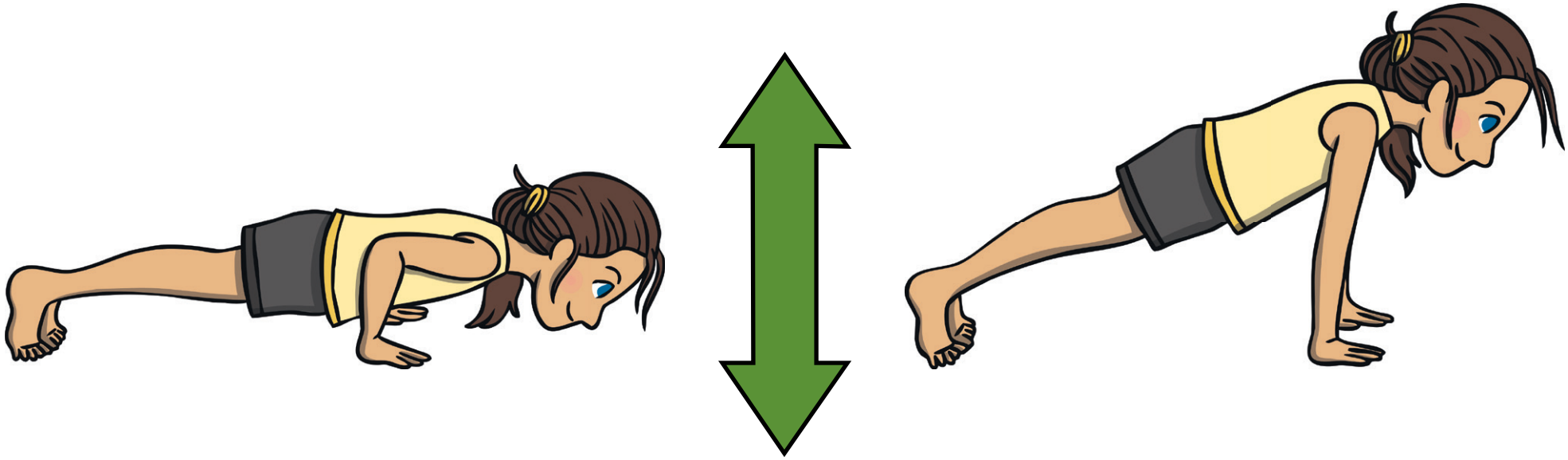
Press-Ups

You can put your knees on the floor to make the move easier.



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Burpees

Try to maintain the same pace completing burpees. Try to keep your toes pointed and your legs straight.

What is a burpee?

Standing with your feet at shoulder width apart, bend from the knees and place both palms on the floor. Place your right foot back and then your left foot so that you are in a plank position. Bring your right leg and then left leg back into squat position and jump. Repeat.

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High Knees

Raise each knee in front of you, one at a time, as high as you can.
To make this more challenging, try to do this quicker.

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