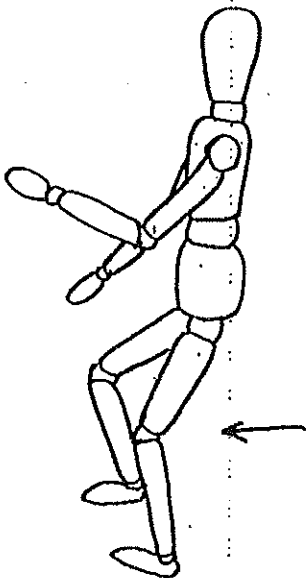


Shuttles

P.E.
P4-7



Muscles



A76

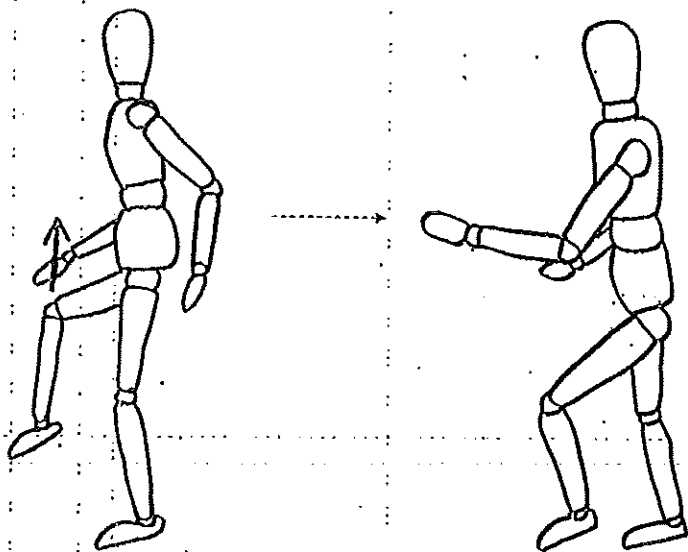
Equipment

None

Action

Run from one side of the training hall to the other. Turn and run back. Repeat for duration.

High Knee Sprints



Muscles



A69

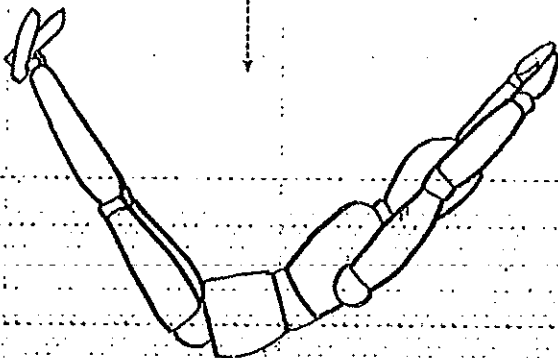
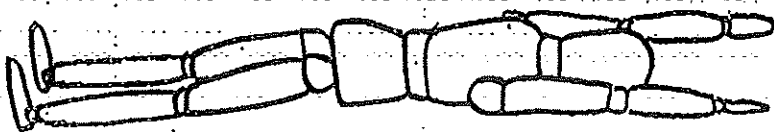
Equipment
Mat (optional)

Action

Jog on the spot, raising alternate knees up as high as possible, while swinging the arms.

©David and Elizabeth Lee

V-sits



Muscles



A59

Equipment
Mat (optional)

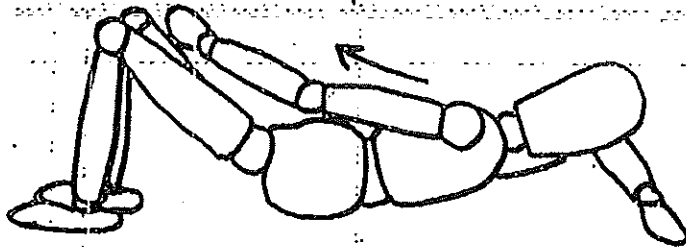
Action

Lie on floor, with arms stretched out behind head. Lift trunk and legs at the same time to form a 'V' shape. Lower trunk & legs & repeat.

©David and Elizabeth Lee

Lying Side Bends

Oblique



Muscles



A24

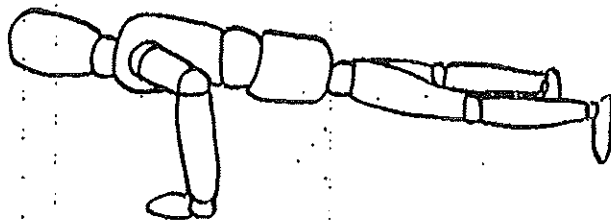
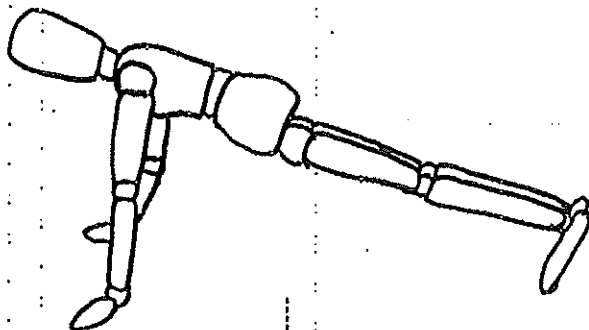
Equipment:
Mat (optional)

Action

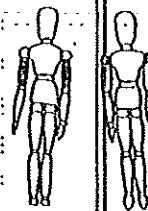
Lie on floor, legs bent, with feet close to your bottom. Rest your head on your left hand, & with your right hand, try to touch your foot by raising your shoulders and bending your waist. Return to starting position & repeat. Perform exercise on both sides.

©David and Elizabeth Lee

Press Ups



Muscles



A32

Equipment:
Mat (optional)

Action

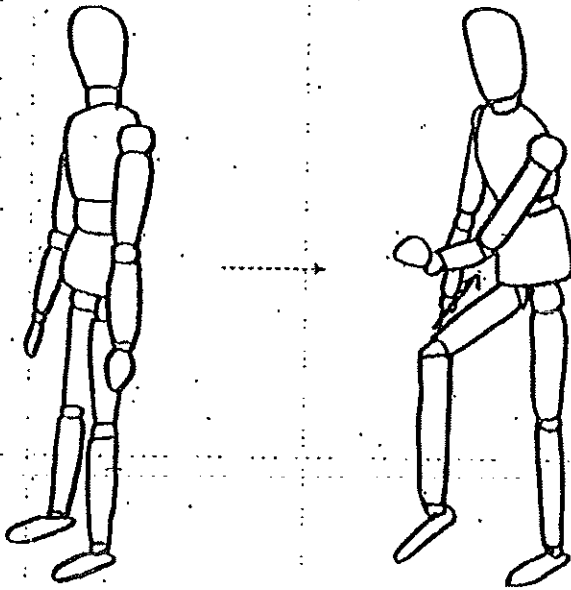
Support your body on hands and toes, with body & arms straight. Lower body to floor by bending arms. Straighten arms to raise. Repeat.

Variation

Easier: box position
Easier: extended box
Harder: raised foot

©David and Elizabeth Lee

Crossovers



Muscles



A75

Equipment

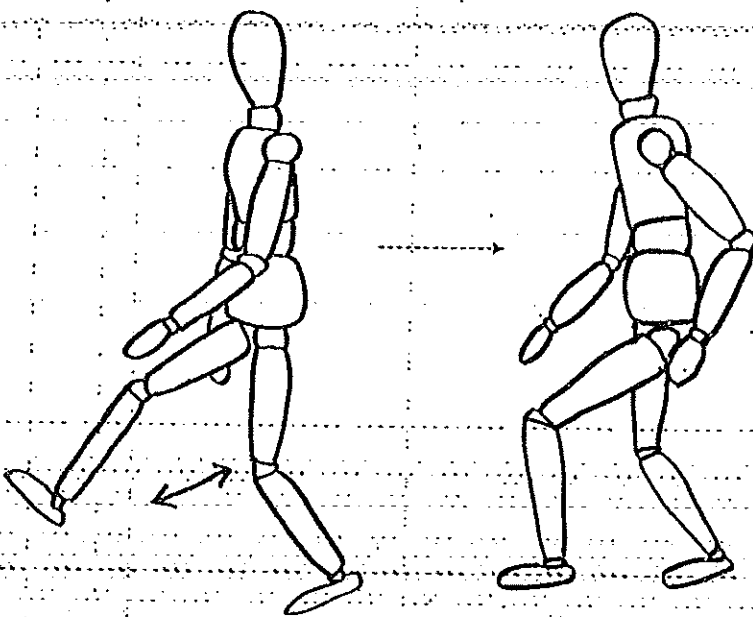
Mat (optional)

Action

Stand with foot shoulder width apart. Raise right knee whilst touching with left elbow. Repeat on alternate sides for duration.

©David and Elizabeth Lee

Spring Kicks



Muscles



A80

Equipment

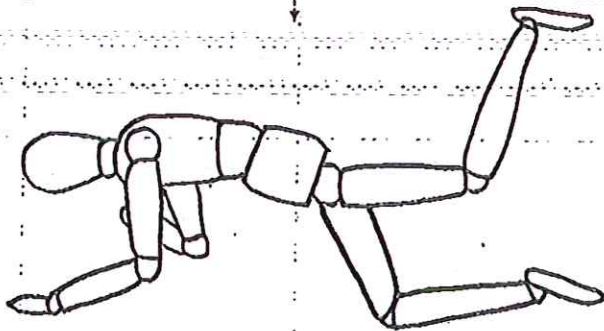
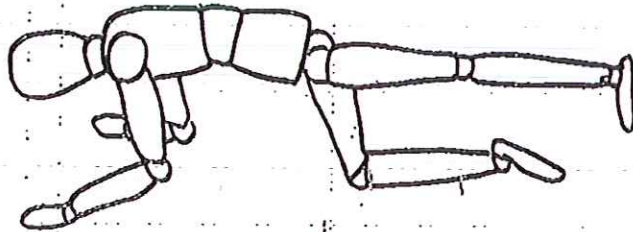
Mat (optional)

Action

Stand with foot shoulder-width apart. Spring off one leg and kick out at knee height with other leg. Repeat for duration using alternate legs.

©David and Elizabeth Lee

Single Leg Curl



Muscles



A44

Equipment
Mat (optional)
Ankle weights (optional)

Action

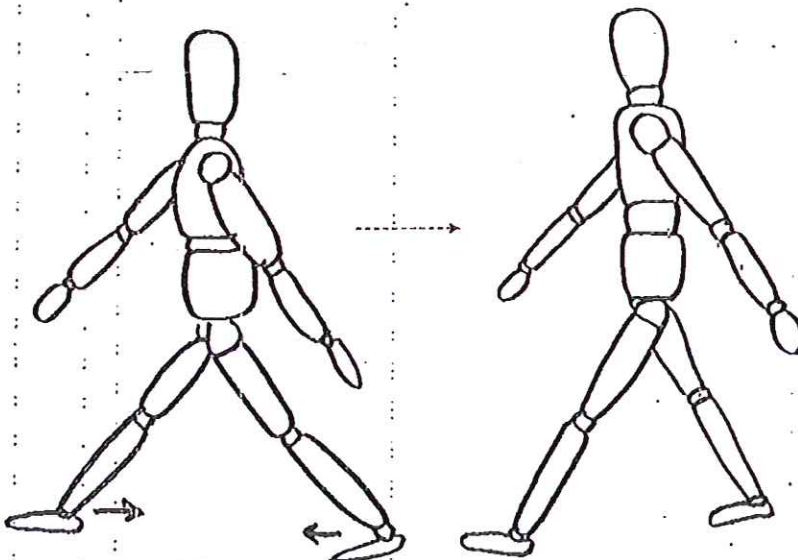
Rest on all fours. Raise right leg up so it is in line with body. Bend knee, bringing foot to bottom. Lower to starting position and repeat.

Variation

Use ankle weights to make exercise harder.

©David and Elizabeth Lee

Spotty Dogs



Muscles



A79

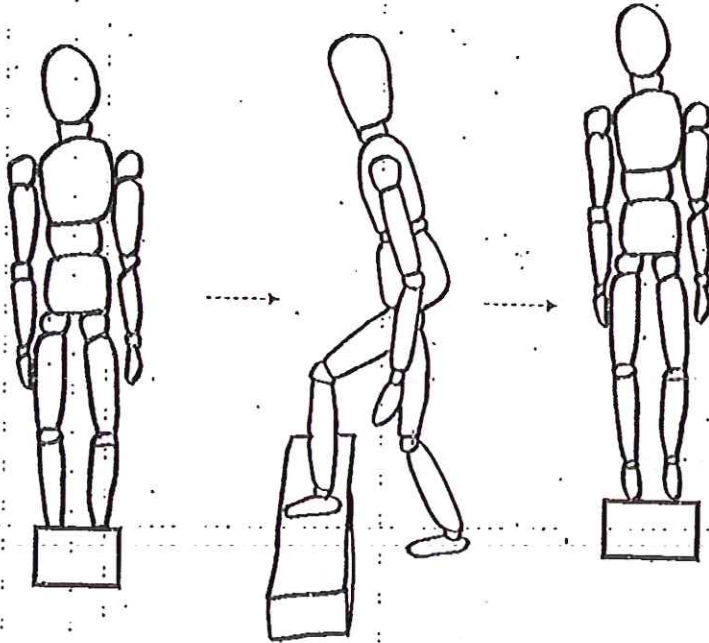
Equipment
Mat (optional)

Action

Stand with right leg forward and left leg back. Hold left arm forward and right arm back. Jump and change positions of hands and feet. Repeat for duration.

©David and Elizabeth Lee

Step Ups



Muscles



A82

Equipment

Free weights
Bench

Action

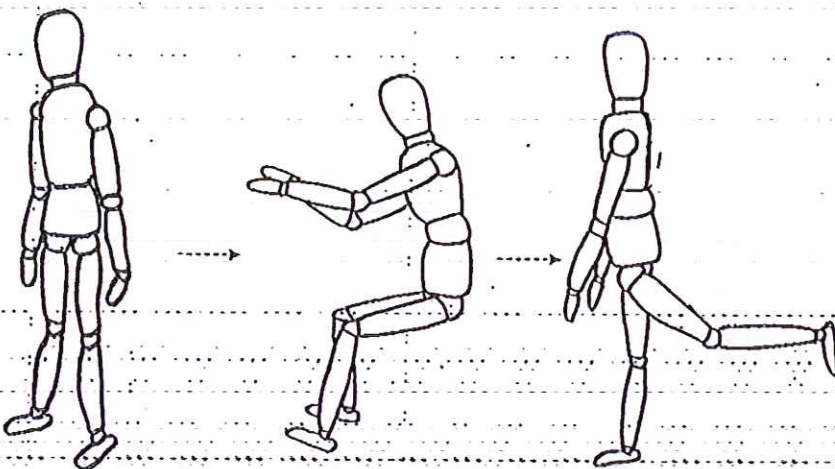
Stand in front of bench. Step up with right foot onto bench. Lift up left foot onto bench, step down to floor with right foot, then left. Repeat for duration.

Variation

Hold a weight in each hand to make harder.

©David and Elizabeth Lee

Standing Rear Squat



Muscles



A52

Equipment

Free weights
(optional)

Action

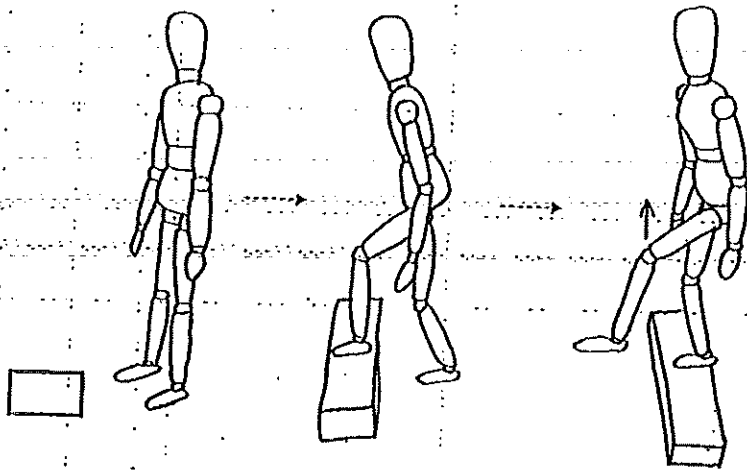
Stand with feet shoulder width apart. Bend hips & knees into a squat position. Return to standing position & extend one leg to rear. Repeat with alternate legs.

Variation

To make harder, hold weights in each hand. The heavier the weight, the harder the exercise.

©David and Elizabeth Lee

Step Ups with Leg Raise



Muscles



A83

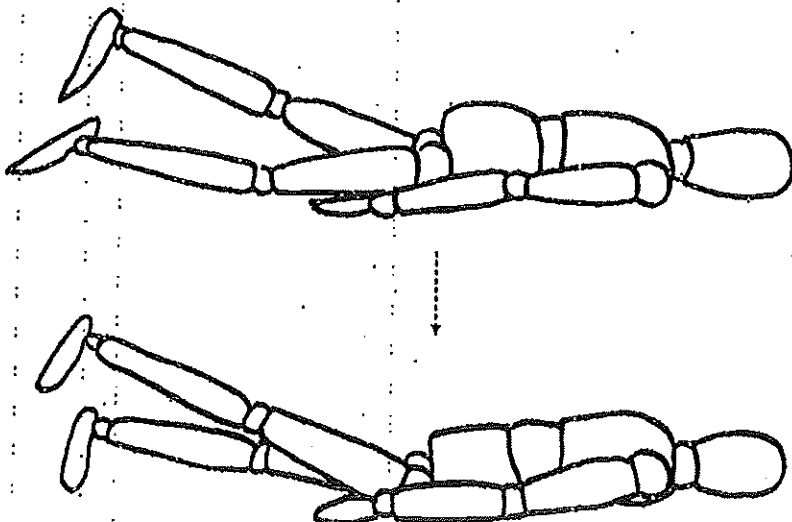
Equipment
Bench

Action

Stand in front of bench. Step up with right foot onto bench. Raise left knee up to chest and then return left foot to floor. Step down with right foot. Repeat for duration alternating legs.

©David and Elizabeth Lee

Front Lying Leg Raises



Muscles



A16

Equipment
Mat (optional)
Ankle weights (optional)

Action

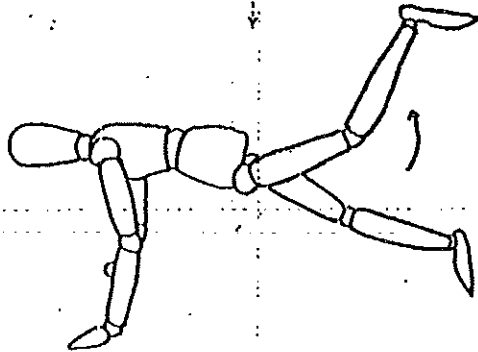
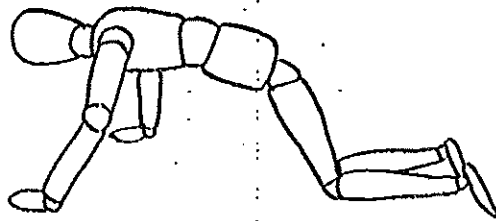
Lie face down on floor. Raise alternate legs as high as possible.

Variation

To make harder, wear ankle weights during the exercise.

©David and Elizabeth Lee

Kickbacks



Muscles



A19

Equipment
Mat (optional)
Ankle weights
(optional)

Action

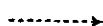
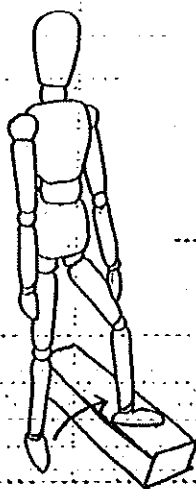
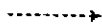
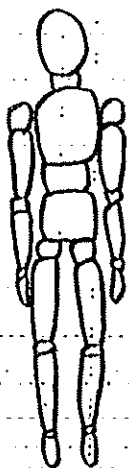
Rest on all fours. Lift one leg off ground. Pull knee into chest and then push leg backwards and upwards. Return and repeat. Perform exercise on both legs.

Variation

Harder: perform exercise using ankle weights

© David and Elizabeth Lee

Lateral Step Ups



Muscles



A73

Equipment
Bench

Action

Stand side onto bench with feet shoulder width apart. Lift up your leg closest to the bench and place it on top of it. Bring the other foot onto the bench. Step off one leg at a time to the starting position. Repeat for duration.

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