



How to work out your maximum Heart rate:

$220 - \text{age} =$

Eg $220 - 24 = 196$ bmp.

To improve your cardio respiratory endurance (CRE) you should train within your **TRAINING ZONE**.

Your training zone is 70%-85% of your maximum HR.

EG 70% of 196 = 137.2

85% of 196 = 166.36

What is your maximum HR and Training Zone?

Max HR _____

Training Zone _____

A B C D E F G

Z

Outcome: I am developing and sustaining my levels of fitness.

Learning Intention: To identify the different muscle groups used when exercising.

Y

Task:

X

Using your own name complete the workout which spells out your name.

Ie Miss Erskine

M = 20 Tuck Jumps

I = 25 Ski Jumps

S = 25 Plank Jacks

S = 25 Plannk Jacks

And so on until I have completed your full name.

V

Complete a family member/friends name next time to keep it interesting.

Unsure of any the exercises—use YouTube or if you know an exercise which works the same muscle group give that a go!

U

T

S

R

Q

P

O

N

H

I

J

K

L

M

A B C D E F G

A = 15 Burpees

B = 20 crunches

C = 20 Squat Jumps

D = 30 Mountain Climbers (15 each leg)

E = 1 Minute Plank

F = 15 Forward Lunges each leg

G = 25 Squats

H = 20 Flutter Kicks each leg

I = 25 Ski Jumps

J = 30 Bicycle Crunches

K = 20 Lunge Jumps

L = 30 Toe Touch Sit Ups

M = 20 Tuck Jumps

N = 30 Jumping Jacks

O = 20 Push Ups

P = 30 High Knees (15 each leg)

Q = 20 Sit Ups

R = 30 second Side Plank each side

S = 25 Plank Jacks

T = 1 Minute Air Punching

U = 15 Plank Up Downs

V = 15 Backwards Lunges each leg

W = 25 Burpees

X = 1 minute running on the spot

Y = 30 Squat Jumps

Z = 20 Double Lifts

H

I

J

K

L

M

N

Z

Y

X

W

V

U

T

S

R

Q

P

O

HOW FIT ARE YOU?



In order to develop our fitness we must understand our level of fitness. This can be done by carrying out fitness tests for each aspect. Can you name a fitness test for the following aspects?

CRE—

Muscular Endurance—

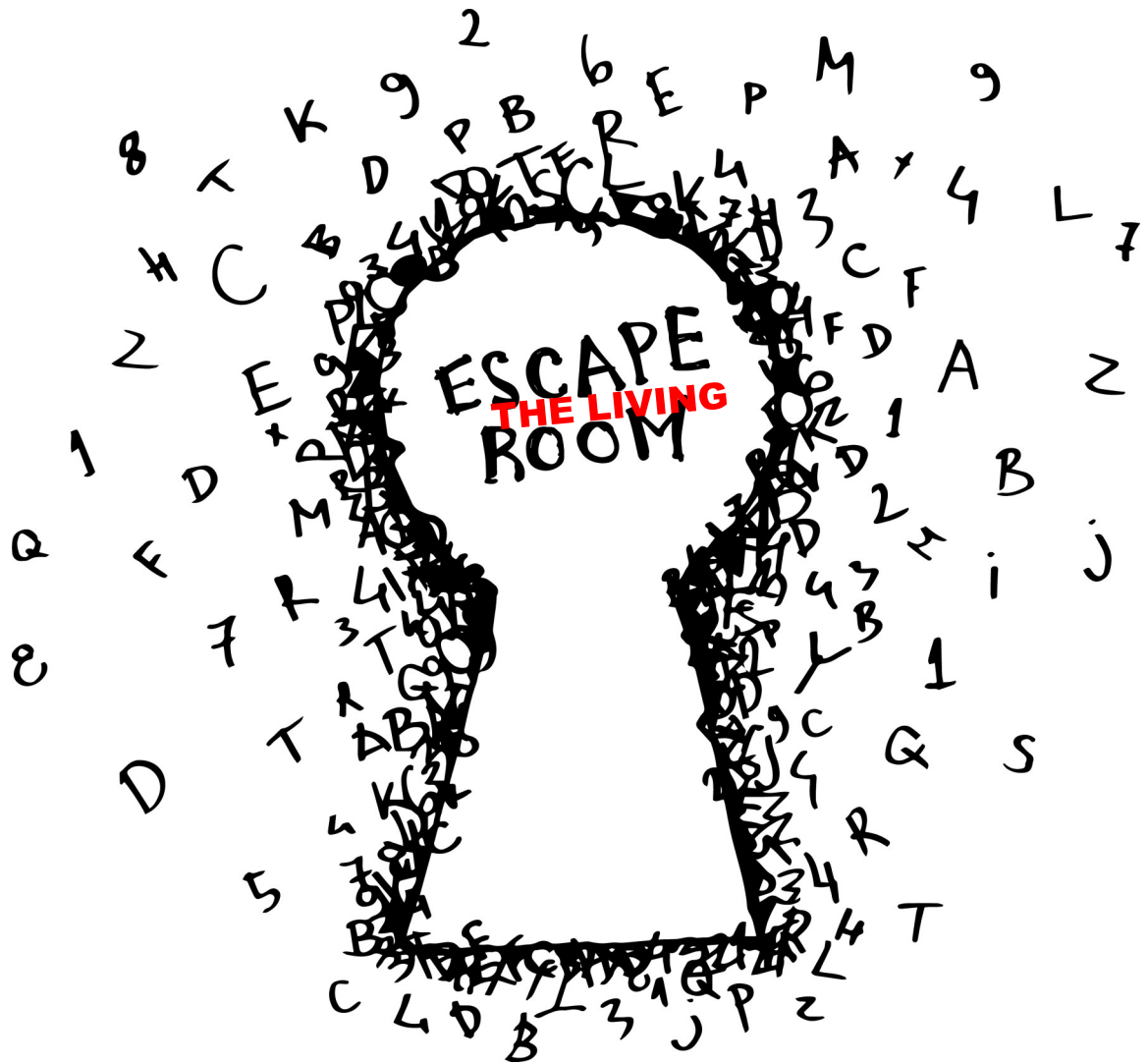
Strength—

Speed—

Power—

Agility—

Flexibility—



TASK: You will be challenged with questions for a variety of subjects. Each page will give specific instructions. The answer to your questions will equal the number of exercises you must complete.

Time yourself and see how quickly you can escape.

Can you **ESCAPE THE LIVING ROOM???**

Escape room 1



TASK: Work out the answers to the equations below.

Then complete the corresponding exercises for each answer. REMEMBER TO USE BODMAS.

E.G. $25 / 5 = 5$ squats

A) $108 / 9 = \dots\dots\dots$ STAR JUMPS

B) $4 \times 10 / 2 = \dots\dots\dots$ SIT UPS

C) $6 + 5 \times 2 = \dots\dots\dots$ LUNGES

D) $63 / 3 - 3 = \dots\dots\dots$ SQUATS

E) $2 \times 6 + 2 = \dots\dots\dots$ PRESS UPS

Escape Room 2

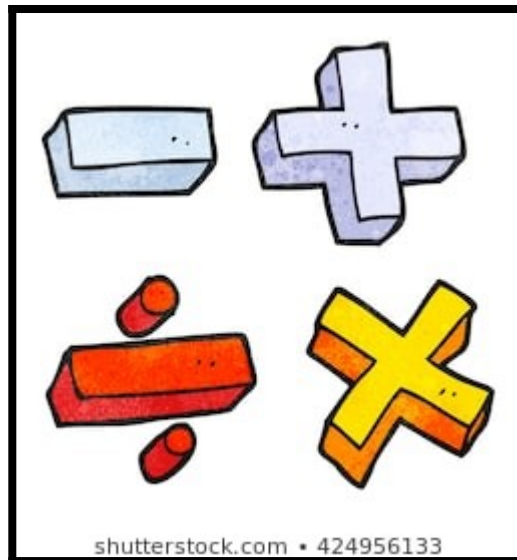


TASK: Read the text below and count how many A,E,I,O and U's there are. Then complete the corresponding exercise for each letter the correct amount of times.
E.G. There are 6 A's in the abstract which = 6 sit ups

'Your father is right," she said. "Mockingbirds don't do one thing but make music for us to enjoy. They don't eat up people's gardens, don't nest in corncribs, they don't do one thing but sing their hearts out for us. That's why it's a sin to kill a mockingbird."

A = Sit ups
E = Punches
I = Squat jumps
O = Press ups
U = Burpees

Escape Room 3



TASK: Work out the colour equations below and then complete the corresponding exercise for each colour the correct amount of times.

E.G. Black + White = Grey (10 Lunges)

$$\text{Blue} + \text{Yellow} =$$

$$\text{Yellow} + \text{Red} =$$

$$\text{Red} + \text{Blue} =$$

$$\text{Red} + \text{White} =$$

Yellow = 14 Press Ups

Grey = 10 Lunges

Green = 12 Burpees

Pink = 20 Star Jumps

Red = 8 Hip Raises

Black = 16 Star Jumps

Blue = 6 Squats

Purple = 18 High Knees

Orange = 14 Lunges

Escape Room 4



CHEMISTRY PUZZLE

TASK: Work out the equations using the periodic table to help you. Then complete the corresponding exercise for each answer the correct amount of times.

E.G. Silver (47) - cobalt (27) = 20 sit ups

- 1) Lithium x Boron = Sits ups
- 2) Calcium - Carbon = Press ups
- 3) Fluorine + Hydrogen = Squats
- 4) Krypton / Beryllium = Burpees

Turn over for the periodic table.

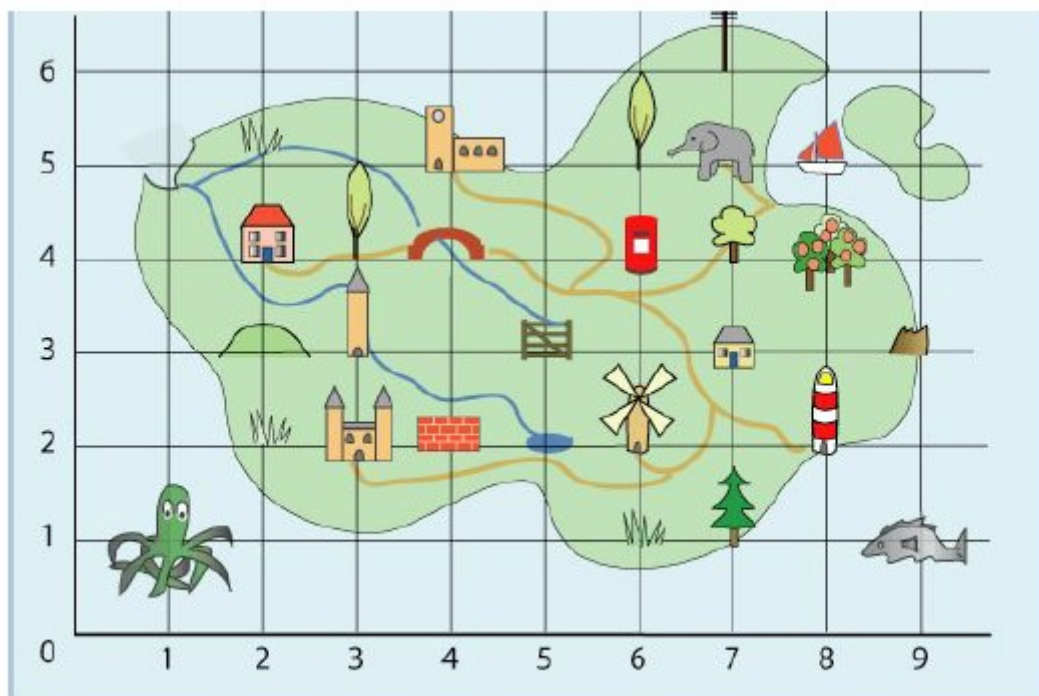
Escape Room 5



TASK: Find the objects on the map and use the coordinates to work out the answer. Then complete the corresponding exercises for each answer.

E.G. House: (2,4) = $2 + 4 = 6$ sit ups

1. LIGHTHOUSE: + = Mountain climbers
2. ELEPHANT: + = Squat jumps
3. GATE: + = Burpees
4. TREES: + = Punches
5. BOAT: + = Russian twists



Can You Handle the Spice?

Rules:

- ⇒ Your aim is to earn as many Chilli points as possible
- ⇒ You can't do the same level of spice twice in a row
- ⇒ You need to do a minimum of 15 exercises from the grid

If you are unsure of any exercises, use Google or change it to one you know :)

Extra Hot	25 Squat jumps	30 jumping lunges	30 butterfly situps	3 minutes Of high knees	2 min wall sit	30 crunches	35 burpees	20 in n out squat jumps
Hot	15 in n out squat jumps	20 sec squat hold	2 min plank	15 heel touches	20 glute bridges	20 press ups	20 rene-gade rows	15 side plank n reach
Mild	1 min heel kicks	1 min plank	15 burpees	10 Russian twists	15 squats	15 forwards lunges	15 backwards lunges	10 glute bridges
Lemon and Herb	30s high knees	10 burpees	30s plank	10 forwards lunges	10 squats	15 press ups	10 mountain climbers	10 jumping jacks



Extra Hot = 20

Hot = 15

Mild = 10

Lemon and herb = 5