


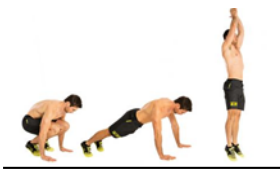
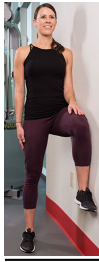


Let's get active!

Cardiovascular Endurance	Muscular Strength	Muscular Endurance	Flexibility	Balance
<u>Jogging</u>	<u>Squats</u>	<u>Plank</u>	<u>Hamstring Stretch</u>	<u>Single Leg Balance & Dip</u>
<u>Walking</u>	<u>Press Ups</u>	<u>Side Plank</u>	<u>Quadriceps Stretch</u>	<u>Superhero Balance</u>
<u>Cycling</u>	<u>Sit Ups</u>	<u>Hamstring Bridge</u>	<u>Side stretch/ lunge</u> 	<u>Single Leg Balance</u>
<u>Running</u>	<u>Lunges</u>	<u>Glute Bridge</u> 	<u>Calf stretch</u>	<u>Single arm raising Leg balance stretch</u> 
<u>Dancing</u>	<u>Power up jump squats</u>	<u>Press ups</u>	<u>Lower back stretch</u>	<u>Laterally Loaded Single-leg</u>
<u>Skipping</u>	<u>Single Leg Squat</u>	<u>Spider mans</u>	<u>Hip stretch</u>	<u>Mountain climbers</u>

<u>Jumping Jacks</u>	<u>Burpees</u> 	<u>Side Bends</u>	<u>Shoulder stretch</u>	<u>Single-leg Wall Lean or wall sit</u> 
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Pick 6 activities and list them below. Complete all 6 activities and record your results in the table below.

Keep going even after session 6 if you can!

Training diary

Session 1	Area of body that is worked	How much/ many did you do?	Successful? Yes or No	How did you feel?
1 Sit ups (example)	Abdomen (stomach)	20	Yes	Tired but good!
2				
3				
4				
5				
6				
Session 2	Area of body that is worked	How much/ many did you do?	Successful? Yes or No	How did you feel?
1				
2				
3				
4				

5				
6				
Session 3	Area of body that is worked	How much/ many did you do?	Successful? Yes or No	How did you feel?
1				
2				
3				
4				
5				
6				
Session 4	Area of body that is worked	How much/ many did you do?	Successful? Yes or No	How did you feel?
1				
2				
3				
4				
5				
6				
Session 5	Area of body that is worked	How much/ many did you do?	Successful? Yes or No	How did you feel?
1				
2				

3				
4				
5				
6				
Session 6	Area of body that is worked	How much/ many did you do?	Successful? Yes or No	How did you feel?
1				
2				
3				
4				
5				
6				