

50 FITNESS ACTIVITIES

HEART RAISERS ON THE SPOT

1. CHICKEN JACKS

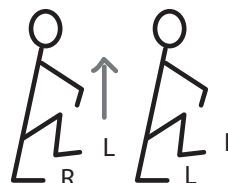
A Chicken Jack is a modified Jumping Jack which takes up less space. Start by standing with feet together. Bring your hands to your arm pits to make 'chicken wings'. Jump up and move your legs apart, then jump and bring your legs together. As your legs move apart, your elbows move up and away from your body. As your legs move together, your elbows move close to your sides. Repeat with elbows and legs moving apart, then together. For lower intensity, instead of jumping, extend one leg to the side, touch your foot on the floor and repeat with the other leg. Chicken Jacks can also be done while seated in a chair.



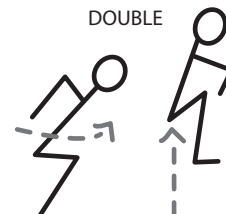
2. TUCK JUMPS

DOUBLE LEG (High Intensity): Start by standing with knees bent. As you jump straight up, lift both knees hugging them in towards your chest and try to grab or touch them, then land, returning to the starting position.
SINGLE LEG (Low Intensity): Balance on your right leg and hold your left knee in towards your chest. Let go of your left leg and quickly catch your right knee with both hands as your left leg lands on the ground. Repeat, catching alternate knees in mid-air. For lower intensity, do a Single Tuck Jump but omit the jump by standing on both legs before and after pulling your knee in towards your chest.

SINGLE



DOUBLE



3. WALL SIT AND PRESS

Start with feet shoulder width apart and knees bent at 90 degrees and arms bent at your sides. Your knees should be directly above your ankles. Pretend you are sitting on a chair. While in 'chair' position press both arms above your head (both arms are straight above head) then return arms to a bent position by your sides. Repeat press and bending of your arms while holding the 'chair' position. To help strengthen the leg muscles, try to hold the 'chair' position for the designated time or as long as possible (without pain). If there is space available, do the Wall Sit against a wall. For higher intensity make a "3-Legged Chair" by lifting one foot off the floor, balancing your weight on the other leg. Hold and then switch sides.

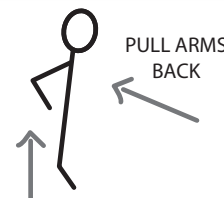


SQUAT & HOLD



4. LOW ROW

Stand with feet shoulder-width apart and knees bent. Extend your arms out in front of your body, pretending to hold an oar. Pull your hands in toward your waist as you extend your legs and jump up. Land in the start position. Repeat the Low Row. For lower intensity, do the low row as above, but omit the jump.



5. AB-ROPE TWISTERS

Stand with feet shoulder-width apart and knees bent. Lean back slightly. With your right hand, reach up to the left side of your body (twist your upper body to the left) reaching for an imaginary rope then pulling downward toward your right hip. Repeat with your left hand reaching up to the right (twist upper body to the right) then pull down to your left hip. Continue 'climbing' and 'pulling' on the rope, rotating your abdomen each time you switch hands to pull on the rope. This exercise helps strengthen the upper back and abdominal muscles. If space is limited, sit on the floor with legs bent, feet on the floor in front of you. Lean back slightly so you can feel your abdominals tighten and begin to 'climb an imaginary rope' that is overhead.

STAND



SEATED



6. MOUNTAIN CLIMBERS

Standing in one spot, pretend you are climbing a mountain. Step up with your left foot as you reach up with your right arm; then step up with your right foot as you reach up with your left arm. Repeat this 'climbing' action. For higher intensity add a hop as you step up and reach. For larger spaces, start in push-up position on the floor, then bring alternate knees up to the chest. While one leg is in towards the chest, the other leg is extended.

STAND



GROUND

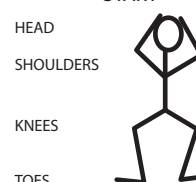


ALTERNATE L & R

7. HEAD-2-TOE

Using both hands, touch your head, shoulders, knees and toes in sequence; then jump up once and raise your hands high above your head. This series is one repetition. Repeat. For higher intensity, each time you complete a series, add one more jump (i.e., the second time, touch head, shoulders, knees, toes and do two jumps; the third time do three jumps, etc.).

START



FINISH - HOP



HEAD
SHOULDERS
KNEES
TOES