

Design your own home workout

1. Choose one exercise from each box
2. Warm up for 2 minutes, then have a 1 minute rest
3. Complete movements 1 to 6 (1 minute exercise, 1 minute rest)
4. Repeat step 3
5. Cool down for 2 minutes

By completing this workout 3 times a week, you'll be well on your way to meet your physical activity target!



Key

Easy	Medium	Hard								
Warm up (2 minutes):			1 minute rest	Movement 1 (1 minute)	1 minute rest	Movement 2 (1 minute)	1 minute rest	Movement 3 (1 minute)		
Dynamic stretching				Squats				Wall push ups		Forward lunges
Dynamic stretching				Squat jumps				Knee push ups		Side lunges
Dynamic stretching				Burpees				Push ups		Jumping lunges

	Movement 4 (1minute)	1 minute rest	Movement 5 (1 minute)	1 minute rest	Movement 6 (1 minute)	1 minute rest	Cool down (2 minutes):
	Wall triceps push up		Leg raises		High knees		Static stretching
	Triceps dips		Sit ups		Skaters		Static stretching
	Up & down plank		Plank		Mountain climbers		Static stretching



Don't forget to stay hydrated during exercise!

Remember, you should aim to perform at least 150 minutes of moderate intensity physical activity, or 75 minutes of vigorous activity each week.