

EXERCISE A-Z

It's important to do exercise to keep our body and mind healthy!

Set yourself and your family a weekly programme of physical activity using our exercise A-Z!

Remember to stay hydrated whilst working out and keep a drink of tap water close by.

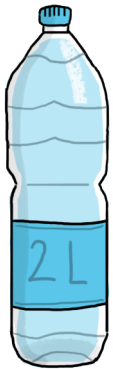


WEEK

DAILY EXERCISE

WEEK 1

Start with your name, spell out **your name** using the **A-Z** to come up with your own personalised workout!



WEEK 2

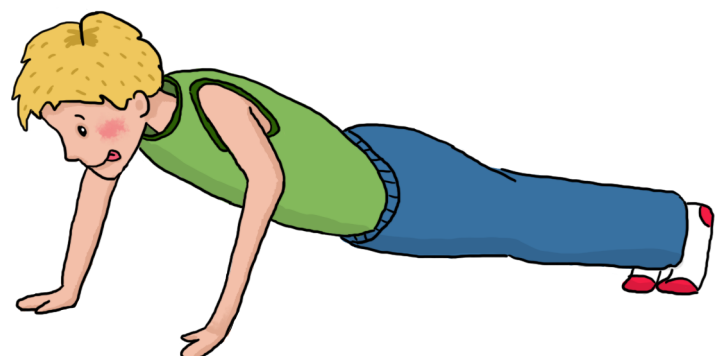
You're getting good now... try your name along with the word **WATER**!

WEEK 3

How easy was that at the end of the week? Now try your name along with the word **HYDRATION**!

WEEK 4

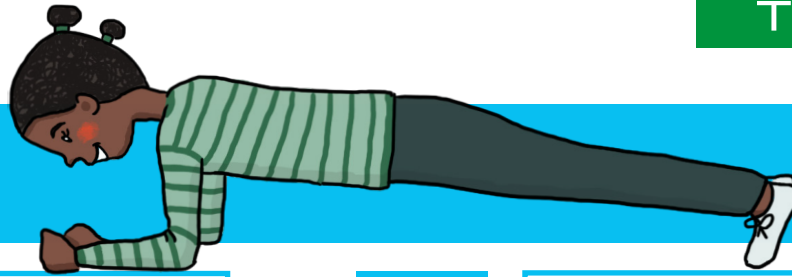
You're a PRO! See if you can do it all together: **Your name, WATER and HYDRATION**!



WONDERFUL ON TAP

SEVERN

TRENT



EXERCISE A-Z

A

3 SQUAT JUMPS

B

10 JUMPING JACKS

C

3 STAR JUMPS

D

5 PRESS UPS

E

1 BURPEE

F

5 CRUNCHES

G

10 ARM CIRCLES

H

5 SECOND PLANK

I

10 HIGH KNEES

J

5 SIDE LUNGES

K

10 SECOND
JOG ON SPOT

L

10 SECOND
WALL SIT

M

5 SQUATS

N

3 STAR JUMPS

O

10 LEG RAISES

P

10 ARM CIRCLES

Q

10 MOUNTAIN
CLIMBERS

R

5 SQUAT JACKS

S

20 SECOND
JOG ON SPOT

T

5 HIGH KNEES

U

10 SECOND PLANK

V

10 SIDE LUNGES

W

10 FRONT LUNGES

X

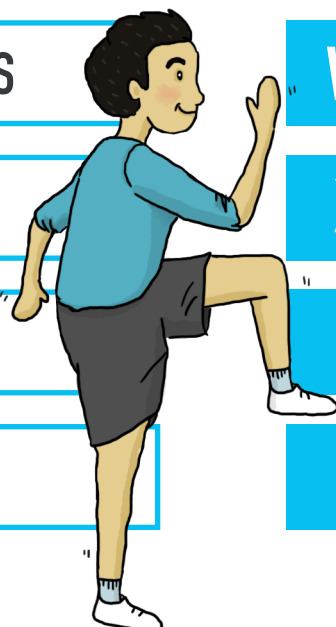
5 JUMPING JACKS

Y

10 LEG RAISES

Z

5 SQUAT JACKS



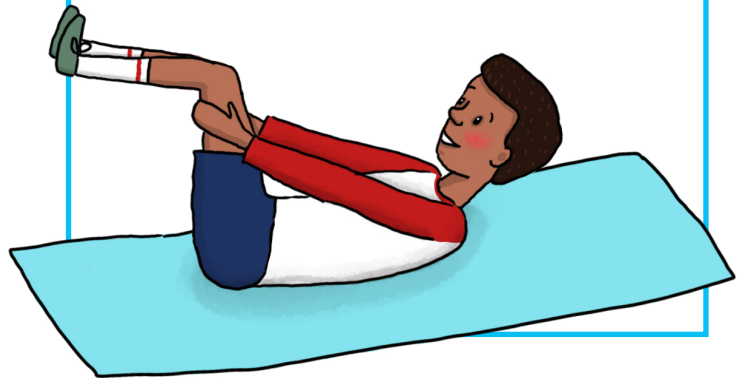
EXERCISE A-Z

Write out your exercises for each week below:

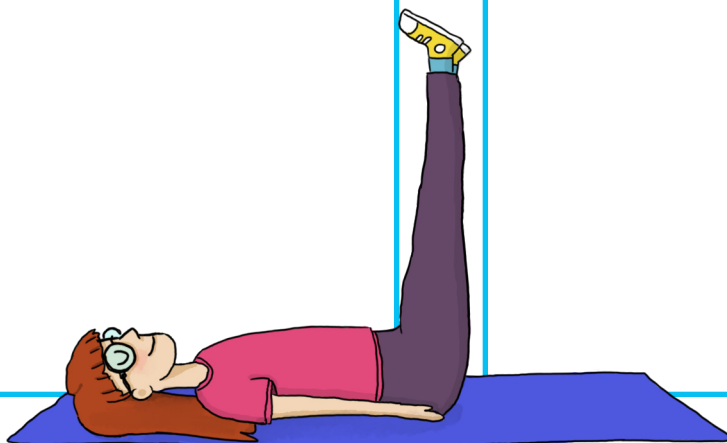
WEEK 1:



WEEK 2:



WEEK 3:



WEEK 4: