

FITNESS SESSION #3

EMOM (EVERY MINUTE ON THE MINUTE)

An EMOM stands for Every Minute On the Minute. In this exercise, you will complete one exercise for 1 minute then change to the next. This is a 20-minute EMOM.

Minute 1 Push Ups

Minute 2 Air Squats

Minute 3 Plank

Minute 4 Skipping

Minute 5 Rest

Repeat the above 5 activities four times to complete the 20 minute workout.

The objective of this work out is to raise the heart rate and keep it high while incorporating rest. On the plank rest briefly if needed and then reset to complete the minute. For the other exercises try and work consistently for the entire minute, don't go out too fast!!!

FITNESS SESSION #4

FITNESS MONOPOLY

- Print out or copy the Monopoly board on the next page.
- You will require a single dice – if you have no dice pick numbers 1 – 6 out of a hat.
- Find some game board pieces or similar and place in the start box. Roll the dice and move the corresponding number of places.
- Play at least twice around the board.

Extension:

Can they create their own fitness/activity monopoly board?

FITNESS SESSION #5

IN THE HAT

Write down 10 activities on different bits of paper and place them in a hat (suggestions below), write down the numbers 1-10 on different pieces of paper and place them in a different hat.

Suggested Activities

- Sit Ups
- Star Jumps
- Squats
- Lunges
- Down Ups
- Log Roll
- Tuck Jump
- Burpees
- Shuttle Runs
- Bicep Curls (with a can or bottle)

(You may be able to think of some different activities instead of the ones above).

Pick out a number and an activity, the number is how many of that activity you need to do. E.g. 10 squats, 3 burpees etc.



Start

10 alternating lunges on the spot

5 sit ups

Camel walk around the room

10 lateral raises with cans of beans

5 jumping air squats

Plank hold for maximum time

60 second heel balance

Gorilla walk around the room

20 seconds of fast mountain climbers

10 push ups

20 second arch hold

30 Star Jumps

10 Front raises with cans of beans

60 second tiptoe balance

60 second tiptoe balance

20 Heel Kicks



FITNESS MONOPOLY

Reverse bear crawl 5 metres

10 tuck jumps

Reverse Bear Crawl 5 metres