

MY CHOICE NUMBER WORKOUT

CHOOSE A NUMBER AND MATCH IT TO AN EXERCISE BY DRAWING A LINE

THINK VERY CAREFULLY WHEN MAKING YOUR CHOICES

10

15

20

25

30

35

40

45

50

How many
times did
you complete
the full
circuit?

1

2

3

4

5

A Door Run

Start at the front door.

Run to the back door and then to the front door.

That is 1 rep

B Couch Squats

Stand with your back to the couch. Feet shoulder distance apart. Squat so your bottom lightly touches then stand tall again. That is 1 rep.

C Step Ups

Find a step in your house. Step up, one foot after the other, then step down, one foot after the other.

That is 1 rep.

D Couch Lunges

Take one giant step away from the couch. Facing the couch lunge forward so your knee touches the couch. Repeat with the other leg. That is 1 rep

E Bed Flops

Jump your whole body onto the bed. Stand up and jump your whole body onto the bed again, but with your head at the other end. That is 1 rep

F Star Jumps

Jump out and jump in. Arms lift up and then down. That is 1 rep

G Chair Slalom

Set 3 chairs in a row with space to run around them. Start and finish at chair no 1. That is 1 rep



H Pillow Throw

Put all the pillows you can find, on the couch. Now throw them all to a different chair. Now throw them all back to the couch. That is 1 rep

I Crunches

Lay on your back, knees bent. Hands on legs. Lift your shoulders off the ground and back down. That is 1 rep