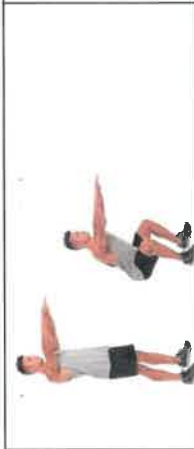








<p><b>Squats</b> Choose a level EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds</p>							
<p><b>Scissor kicks</b> Choose one of the levels for the scissor kicks; EASY – 20 seconds MEDIUM – 40 seconds HARD – 1 minute</p>							
<p><b>Lunges</b> Choose a level EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds</p>							
<p><b>Spiderman plank</b> EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds</p>							
<p><b>Side lunges</b> EASY – 30 seconds MEDIUM – 45 seconds HARD – 60 seconds</p>							

**Other Physical Activities to try at home**

**GoNoodle** [www.gonoodle.com](http://www.gonoodle.com) fun dance moves and active games online

**Jo wicks workouts** youtube.com 4 active workouts to try:

20 minutes full body home

15 minutes home fat

20 minutes fat burning home

25 minutes full body home hit

**NHS 10 minute workouts**

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>