

1. **Core:** Plank
2. **Legs:** Squat hold against the wall
(backs straight against the wall and knees together, bend legs so knees are at a 90 degree angle and hold)
3. **Cardio:** Shuttle runs *(set out 4 cones, 2 for each child)*
4. **Core:** Arch hold *(lying on tummy, hold arms above head and lift straight legs off the floor like superman)*
5. **Arms:** Push-ups *(can decide to go on knees or feet)*
6. **Cardio:** Star jumps

7. Core: Sit-ups (on a mat, can hold each other's feet if it's too hard)

8. Legs: Rock back jumps (on a mat - sit down, rock to shoulders, rock back to stand up and do a straight jump, repeat)

9. Cardio: Burpees

10. Core: Tuck hold (on a mat - sit back and lift feet off of floor in a tuck shape and balance)

11. Arms: Tricep dips (on a bench - sit on bench, hands facing forwards, lift bottom off bench and move feet away, bend at the arms and push back up again)

12. Cardio: Skipping (ropes)