



## Do something

# Indoor workout 2

Repeat the following four exercises as many times as possible in 15 minutes. Keep a record of how many rounds you did.

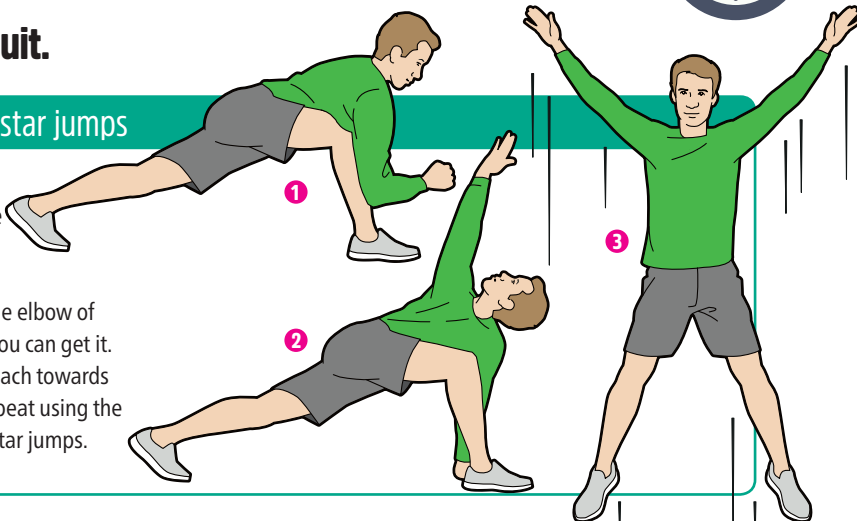


Stay active in your own home with this simple circuit.

Just because you're not in school doesn't mean you can't be active at home. With this indoor workout – the second in a series created by Chris and Tristan from Mint Coaching ([mintcoaching.fit](http://mintcoaching.fit)) – you can get yourself moving whenever and wherever you like. It's best to wear comfortable sports kit or clothes that let you move around easily. It's important to complete the warm-up first – this will help prepare your body for the exercises you are going to do.

### Warm-up Lunge reach and star jumps

- 1 Take a big step forward with your right foot. It should be bent at the knee in a right angle, with the left leg out so your knee nearly touches the floor. Put your left hand on the floor and reach the elbow of your right arm as close to the floor as you can get it.
- 2 Now stretch your right arm out to reach towards the ceiling. Reach up 10 times, then repeat using the opposite leg and arm.
- 3 Next, do 20 star jumps. Repeat the warm-up once more.



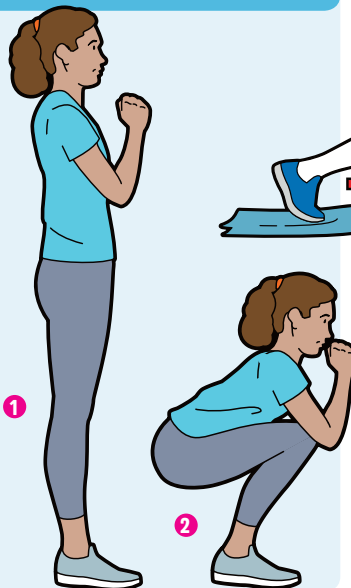
### 1. Air squats

#### What to do

- 1 Stand up straight with your feet just wider than hip width and point your toes forwards. Bring your hands together at the top of your chest.
- 2 Push your bottom back as you sit into a squat. Keep your chest facing forward and your back straight. Make sure you squat far enough down that the top of your hip bone goes just below your knee. Try doing 15 of these air squats before moving on.

#### What it does

This will work your thighs, bottom and hamstrings. Keep your feet flat and do your best to make sure you don't let your knees go inwards during the squat.



### 2. Slide ups

#### What to do

- 1 Do this in socks or put your toes on a towel or cloth. Get in a press-up position on a hard floor and suck in your belly button.
- 2 Slide your feet towards your hands with your bottom going higher as you move, then slide back out. Try doing 20 of these before moving on to the next exercise.

#### What it does

This strengthens your abs (muscles in front of your stomach) and shoulders.

**FAB ABS**  
Stronger abs will help you to avoid slouching when you're sitting or standing.



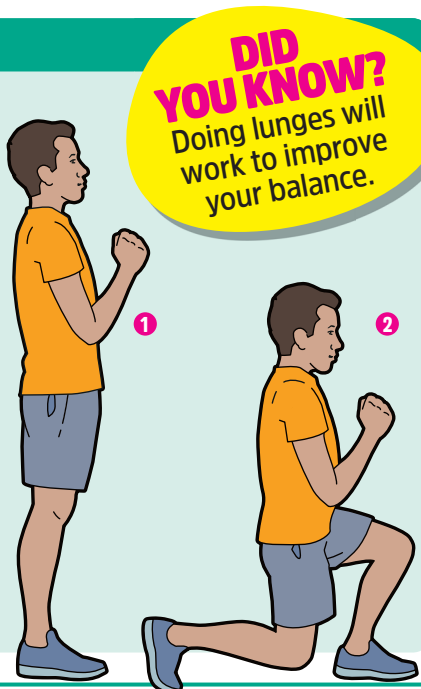
### 3. Lunges

#### What to do

- 1 Stand with your feet just wider than hip width. Take a big step forward.
- 2 Let your back knee gently touch the floor. The knee should be at 90°. Then stand back up where you were. Repeat with the other leg. That is two reps – aim to do 14.

#### What it does

Your thighs and especially your bottom will feel this. It increases your heart rate as well.



**DID YOU KNOW?**  
Doing lunges will work to improve your balance.

### 4. Alternating down dogs

#### What to do

- 1 Position your body like an upside-down "V" with hands and feet on the floor and your bottom in the air. Stretch your right hand to touch the left foot.
- 2 Change hands and repeat. Do 10 on each side.

#### What it does

This will work your shoulders with the added benefit of helping to stretch your shoulders, lower back and backs of your legs.

Did you enjoy this? We'd love to see pictures of you doing it. Send them to [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk)

