



Do something

Indoor workout 6

Do as many rounds as you can of this in 20 minutes. Don't worry if that's only one round, if you've worked hard.



Stay active at home with this simple workout.

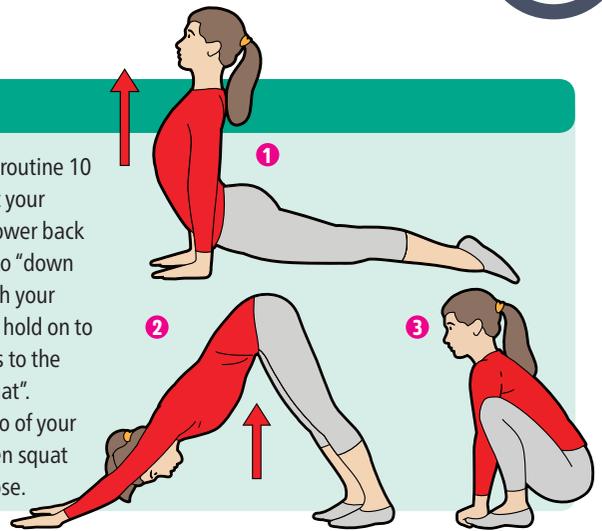
Even if you're not in school there are ways to keep moving and keep your body healthy. This indoor workout is from Chris and Tristan from Mint Coaching (mintcoaching.fit). See how many times you can finish this circuit in 20

minutes, then try to beat your score the next time you do it.

STAND UP
As well as exercising, you should try to avoid spending too much time sitting down.

Warm-up routine

Flow from one pose to the next, until you've completed the routine 10 times. **1** For the "seal" pose, lie face-down on the floor. Put your hands next to your shoulders and push up, to stretch your lower back and abs (tummy muscles). **2** After a slight pause, move into "down dog" by pushing your hips to the ceiling and looking through your straight arms towards your knees. Walk your hands back to hold on to your toes, while bending your knees and lowering your hips to the ground. This will take you to the bottom of a "bootstrap squat". **3** Keep your knees on the outside of your arms. Don't let go of your toes as you lift your hips by straightening your legs, and then squat down again. Walk your hands forward to go back to seal pose.



30 down-ups

What to do

1 Start face-down on the floor with your hands next to your shoulders, then push up into the seal pose, like you did in the warm-up. **2** Quickly drive your hips up towards the ceiling and jump your feet forwards, as close to your hands as possible. Then stand up tall and repeat.



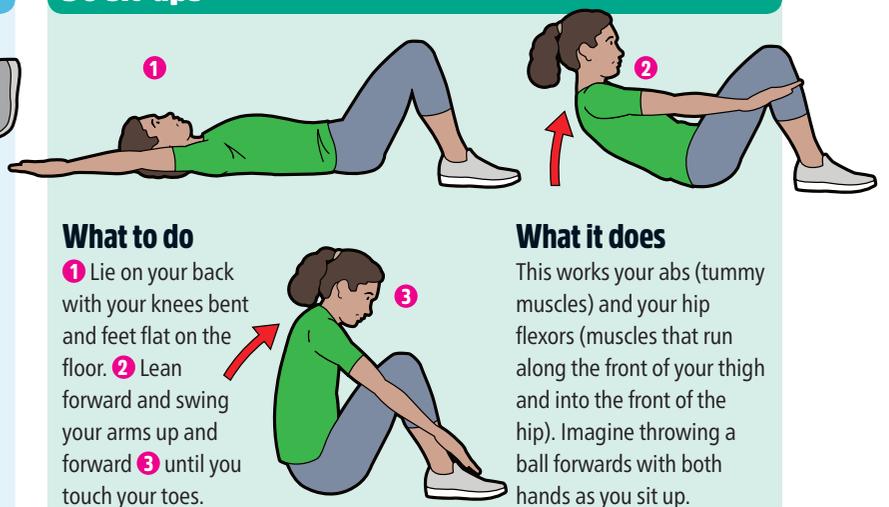
What it does

This is a type of "burpee" and it's a great overall body exercise. You can do them fast or slow, but either way they will tire you out. When you get good at these, you'll be able to do lots without stopping.

30 sit-ups

What to do

1 Lie on your back with your knees bent and feet flat on the floor. **2** Lean forward and swing your arms up and forward **3** until you touch your toes.



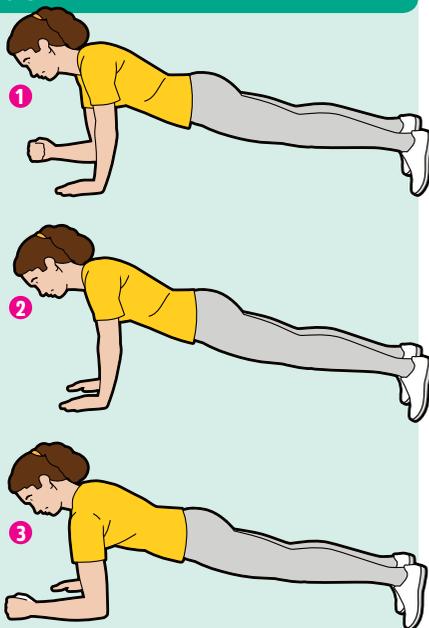
What it does

This works your abs (tummy muscles) and your hip flexors (muscles that run along the front of your thigh and into the front of the hip). Imagine throwing a ball forwards with both hands as you sit up.

30 plank step-up and down

What to do

From a "plank" position (forearms flat on the floor and elbows directly under your shoulders) lean to one side, to allow you to lift up one arm. **1** Now move that hand to where your elbow has just been. Lean to the other side and repeat. **2** You'll now have "stepped up" to a press-up position. **3** Reverse these movements to go back to plank.



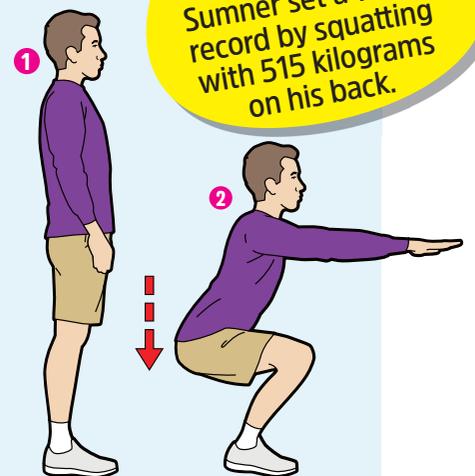
What it does

Keep your hips off the ground and your body straight for the whole movement to really challenge your core and work the shoulder muscles.

30 air squats

What to do

1 Stand with your feet just wider than hip width and point them forwards. **2** Push your bottom back as you sit down into a squat. Swing your arms out in front of you as you go. Keep your chest facing forward and your back straight. Make sure you squat far enough down so that the top of your hip bone goes just below your knee, if you can. Then stand up straight again. Make sure you keep your feet flat, and don't let your knees turn inwards as you squat.



What it does

This will work your thighs, bottom and hamstrings (the back of your upper leg).

Did you enjoy this? We'd love to see pictures of you doing it. Send them to hello@theweekjunior.co.uk

WOW!
This year, Blaine Summer set a world record by squatting with 515 kilograms on his back.