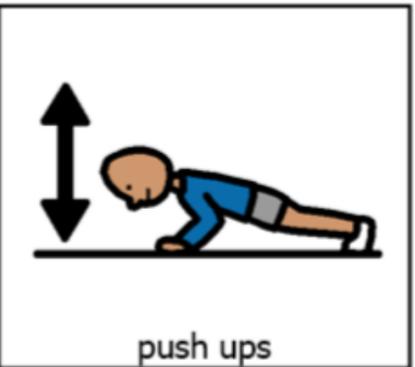


jumping jacks



jog on the spot



push ups



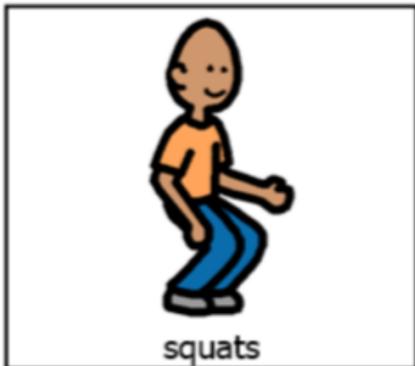
1 minute



2 minutes



3 minutes



squats



dance



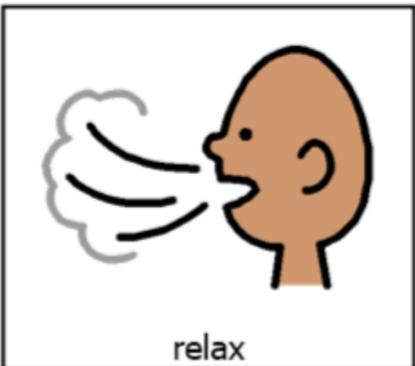
warm up



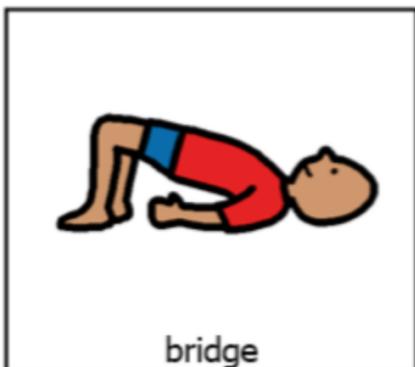
5 minutes



10 minutes



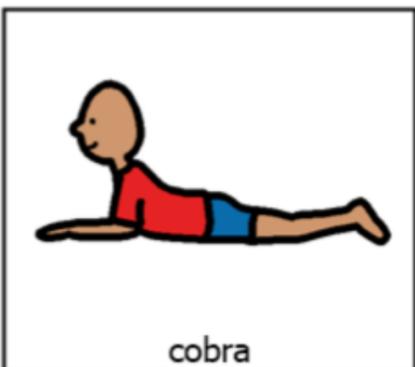
relax



bridge



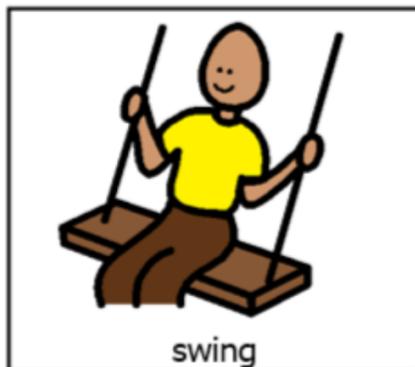
chair push-ups



cobra



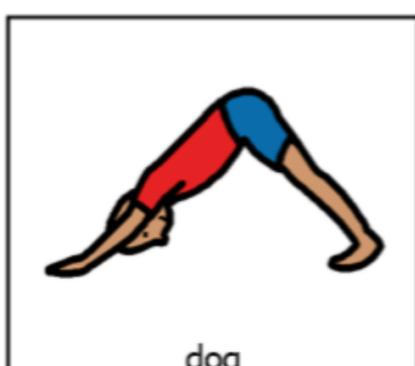
do something else



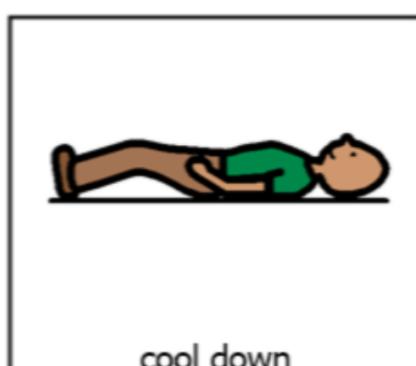
swing



walk



dog



cool down



push against wall



walk upstairs



walk downstairs



run a lap of garden or park.



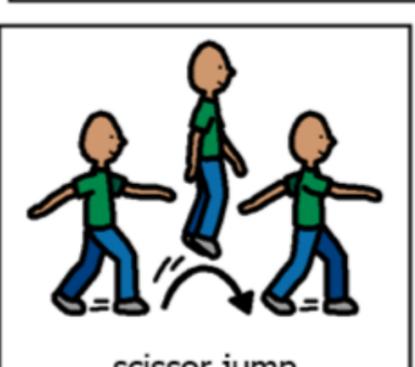
10 times



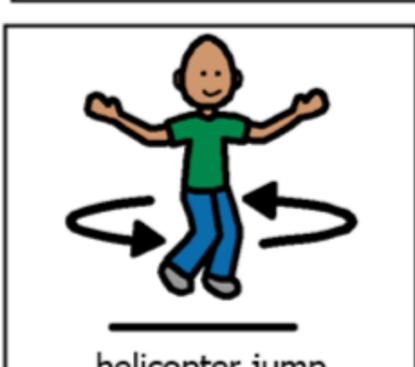
15 times



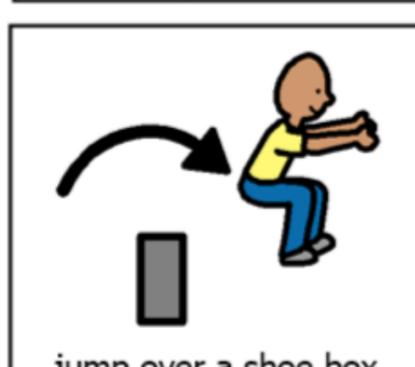
20 times



scissor jump



helicopter jump



jump over a shoe box

