

## Exercises 1-2

Bottom of Form

### 1. Knee-bends

Flex down through 45 degrees, then push back to standing. Keep your heels on the floor.



### 2. Jumps on the spot



## Exercises 3-5

Bottom of Form

### 3. Abdominal raises (20)

Lie on your back on the floor, with slightly bent legs, and hands clasped behind your head.

Lift your shoulders, keeping your lower back on the floor.

If you find this hard, cross your arms on your chest or let them rest on your thighs.



### 4. Jumps to left and right (40)



Try to cover a reasonable distance with each jump.

### 5. Leg raises (20)

Kneeling on all fours, bring one knee in toward your chest, then push the leg back behind you, toe pointed.

Raise the extended leg.

After 20, repeat with the other leg.



## Exercises 6-7

Bottom of Form

### 6. Triceps raises (20)

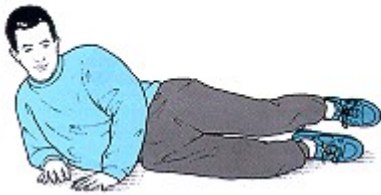
Sit on the floor with your knees bent and your palms on the floor behind your hips, fingers facing forward.

Relax your stomach muscles and lower your body towards the floor, keeping your back straight.

Bring your body up again by straightening your arms.



### 7. Abductor raises (20)



Lie on your side with both legs bent. Raise the upper leg.

After 20, repeat with the other leg.

## Exercises 8-10

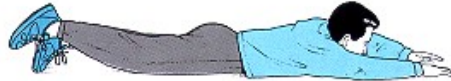
Bottom of Form

### 8. Dorsals (20)

Lie on your stomach with your arms in front of you.

Lift your right arm and left leg off the ground simultaneously.

After 20, repeat on the other side.



### 9. Lunges (20)



Lunge forwards onto one leg, flexing the knee through 45 degrees.

Make sure your knee stays in line with the middle two toes of your foot and doesn't go in front of your foot.

***(In the picture the knee goes too far in front of the foot, so please ignore this)***

Push back upright and lunge forwards onto the other leg.

### 10. Press-ups (20)

If you find these hard, do bent knee press-ups instead.

