

Keeping active while social distancing - 7 day exercise challenge

Stretch for 2-3 minutes, prior to exercising. Complete 20 repetitions of each individual exercise (20 seconds for the plank)
Rest for 10 seconds between exercises. To modify for different fitness levels, adjust the number of repetitions to 10 or 15 reps
to make it easier, or 30 reps to make it challenging.



1. AIR SQUATS
(or mini air squats)



2. SIT UPS
(or crunches)



3. PUSH UPS
(or from the knees)



4. BRIDGES



5. PLANK
(or from the knees or with
straight arms)



6. STEP ONTO A
CHAIR (or step)