

## RHL'S 10 MINUTE CHALLENGE- JUNIOR CIRCUIT 'EXERCISE GUIDE'

EXERCISE	DESCRIPTION
Jumping Jacks	Stand with feet together and arms by side. Jump legs out to the sides and swing arms into the air to make a star shape. Jump to return to start position.
Boxing	Stand with feet apart and knees bent. Clench fists and alternately punch out with each arm until the arm is straight.
Floor to Ceiling Jumps	Bend down and touch the floor then jump up to reach the ceiling.
Sumo Squats	Raise your arms straight out at shoulder height. Slowly bend down as though you are sitting in a chair but leaning forwards and keeping your arms out. Hold the position when you're as low as you can go and then slowly return to standing, holding the arms in the same position.
Running on the Spot	Run as fast as you can on the spot - Keep pumping your arms to help.
Hopping on the Spot	Hop on one leg and then change to the other when you get tired.
Spotty Dogs	Put your left arm out in front of you and your right leg back. Jump to swap them so that your right arm is out in front with your left leg back. Increase the speed once you know what you're doing!
Bunny Hop on the Spot	Put hands on floor and then jump your feet out away from your hands. Jump your feet back in towards your hands
Knees Up Jogging	Run on the spot but try to lift your knees up to your waist each time.
Hopscotch	Alternately hop and jump on the spot, just like hopscotch.

**Don't forget to get people to sponsor you for your week of the '10 Minute Challenge'. Anyone who raises over £15 will be put in a draw to win a fantastic prize!**

**All monies to be given in to your school/group by Friday 23<sup>rd</sup> March 2018. If you have registered for the challenge directly with RHL please return money to the RHL office.**

DISCLAIMER As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RHL from any and all claims or causes of action, known or unknown, arising out of RHL negligence. RHL recommends you consult your physician before beginning any exercise program.



## RHL'S 10 MINUTE CHALLENGE – INFANT & PRESCHOOL CIRCUIT 'EXERCISE GUIDE'

EXERCISE	DESCRIPTION
Star Jumps	Stand with feet together and arms by side. Jump legs out to the sides and swing arms into the air to make a star shape. Jump to return to start position.
Floor to Ceiling Jumps	Bend down and touch the floor then jump up to reach the ceiling.
Superman Balance	Stand on one leg and balance with the other one out straight behind you. Hold your arms out to help you balance. Change legs when you get tired.
Running on the Spot	Run as fast as you can on the spot - Keep pumping your arms to help.
Shoulder Rolls	Roll your shoulders round in a circle
Hopping on the Spot	Hop on one leg and then change to the other when you get tired.
Marching on the Spot	Walk on the spot swinging your arms.
Hula Hoop	Pretend you have a hula hoop and move your hips round in a big circle to keep it up.
Knees Up Jogging	Run on the spot but try to lift your knees up to your waist each time.
Your Choice!!	Choose your favourite exercise!

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