

Trinity School stay at home exercises

- Complete as many of the exercises below as you can and record your results in the table below. Good luck and try your hardest 😊.

Exercise	Difficulty Level (Please Circle)		Level Achieved (Please Circle)		
	Easier	Harder	★	★	★
Press ups			★	★	★
Sit Ups			★	★	★
Skipping			★	★	★
Shuttle Runs			★	★	★
Tricep Dips			★	★	★
Star Jumps			★	★	★
Burpee			★	★	★
Lunge			★	★	★
The Plank			★	★	★
Squats			★	★	★

Press-Ups

INSTRUCTIONS - Place a mat / towel down on the floor to protect yourself and chose your difficulty level. See how many you can complete in 1 minute.

Difficulty 1 (Easier)
Kneeling Press Up



Kneeling press-ups



Complete 50

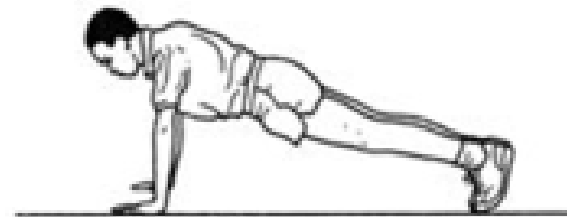


Complete 30



Complete 15

Difficulty 2 (Harder)
Traditional Press Up



Press-ups



Complete 20



Complete 10



Complete 5

Sit-Ups

INSTRUCTIONS - Place a mat / towel down on the floor to protect yourself and chose your difficulty level. See how many you can complete in 1 minute.

Difficulty 1 (Easier)
Traditional Sit Up



Complete 50



Complete 30



Complete 15

Difficulty 2 (Harder)
Leg Raised Sit Up



Complete 20



Complete 10



Complete 5

Skipping

INSTRUCTIONS - Pick your difficulty level and see how many you can complete in 2 minutes.

Difficulty 1 (Easier)
Skip – Pause – Skip



Complete 60



Complete 40



Complete 20

Difficulty 2 (Harder)
Continuous Skipping



Complete 25



Complete 15



Complete 10

Garden / Outside Shuttle Runs

INSTRUCTIONS - Place 2 objects down at either end of the garden (any outside space will do) – Pick your difficulty level and see how many you can complete in 2 minutes.

Difficulty 1 (Easier)
Walking



Complete 60

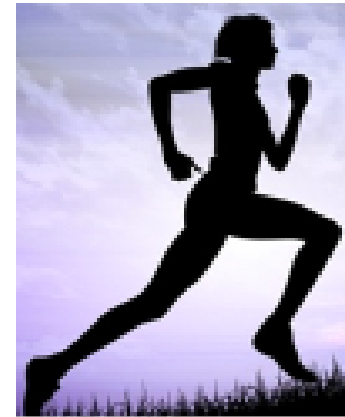


Complete 40



Complete 20

Difficulty 2 (Harder)
Jogging



Complete 25



Complete 15



Complete 10

Tricep Dips

INSTRUCTIONS - Place a mat / towel down on the floor to protect yourself and chose your difficulty level. Pick your difficulty level and see how many you can complete in 2 minutes.

Difficulty 1 (Harder) Floor Tricep Dips



Complete 30

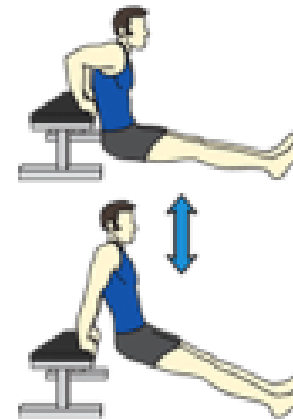


Complete 20



Complete 10

Difficulty 2 (Easier) Bench / sofa / chair Tricep Dips



Complete 40



Complete 30



Complete 20

Star Jumps

INSTRUCTIONS – Pick your difficulty level and see how many you can complete in 2 minutes.

Difficulty 1 (Easier)
Jump – Pause – Jump



Complete 60



Complete 50



Complete 40

Difficulty 2 (Harder)
Continuous Star Jumps



Complete 50



Complete 40

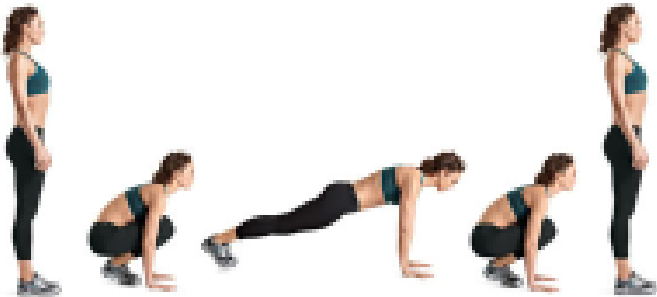


Complete 30

Burpees

INSTRUCTIONS – Pick your difficulty level and see how many you can complete in 1 minute.

Difficulty 1 (Easier)
Burpee – Stand – Burpee



Complete 30

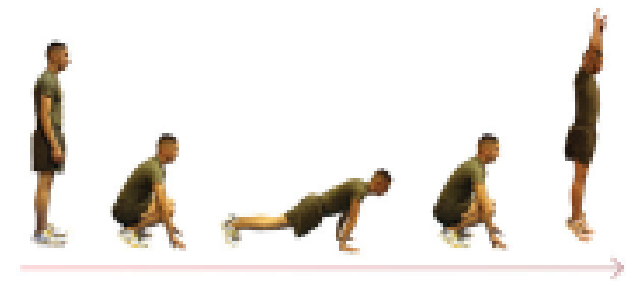


Complete 20



Complete 10

Difficulty 2 (Harder)
Burpee – Jump - Burpee



Complete 25



Complete 20



Complete 15

Lunges

INSTRUCTIONS – Pick your difficulty level and see how many you can complete in 2 minutes.

Difficulty 1 (Easier) Short Lunge



- ★ Complete 60
- ★ Complete 50
- ★ Complete 40

Difficulty 2 Long Lunge

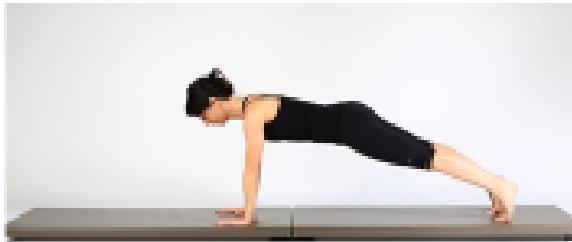


- ★ Complete 50
- ★ Complete 40
- ★ Complete 30

The Plank

INSTRUCTIONS – Pick your difficulty level and see how long you can hold the plank position for.

Difficulty 1 (Easier)
Hand Plank



60 seconds (or above)

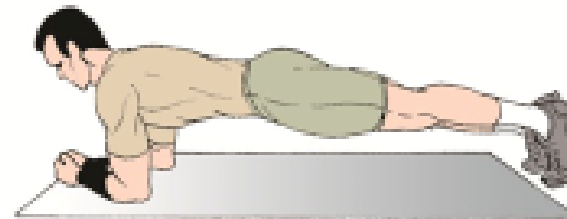


45 seconds



20 seconds

Difficulty 2 (Harder)
Forearm Plank



50 seconds (or above)



40 seconds



30 seconds

Squats

INSTRUCTIONS – Pick your difficulty level and see how many you can complete in 2 minutes.

Difficulty 1 (Easier)
Traditional Squat



Complete 60

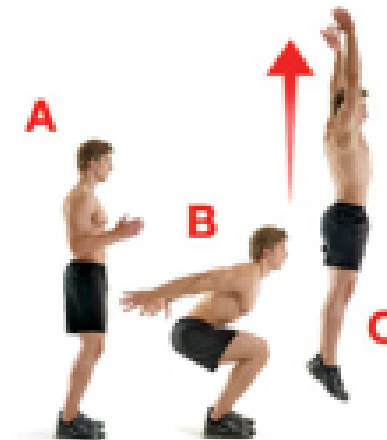


Complete 50



Complete 40

Difficulty 2 (Harder)
Squat Jumps



Complete 50



Complete 40



Complete 30