



Stay strong workout

Aim to complete the series five times without stopping. Pace yourself so you can maintain the same energy throughout.

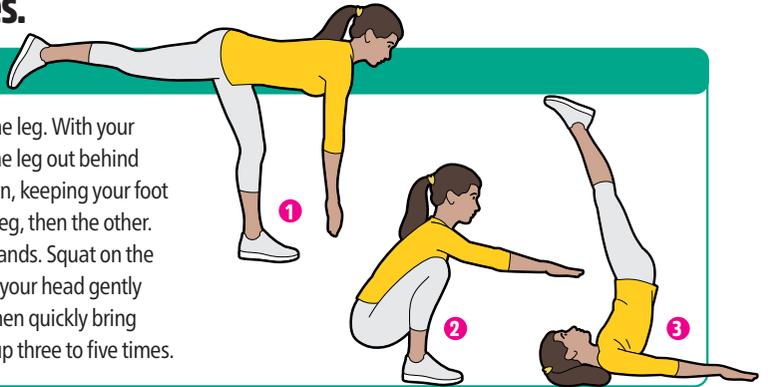


Be active at home with these simple moves.

In this workout, you're trying to do the series of exercises five times without stopping. To do that, think about how to pace yourself, just like you would if you were running for 20 minutes. Try going at about a 6 out of 10 for effort during this whole workout. You'll need a backpack with a few books inside it.

Warm-up

- 1 Do 10 single-leg deadlifts. Stand on one leg. With your back straight, bend forward, stretching one leg out behind you. Stand up and bring the leg back down, keeping your foot off the ground if possible. Do five on one leg, then the other.
- 2 Then do 10 rock and roll to shoulder stands. Squat on the floor with arms out. Roll backward. As your head gently touches the ground, shoot your legs up, then quickly bring them back in and roll forward. Do warm-up three to five times.



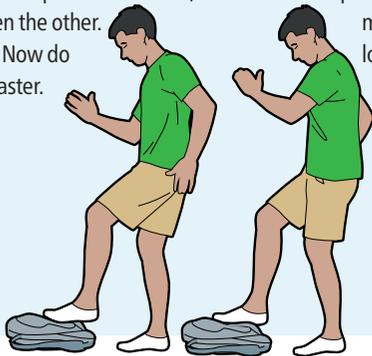
40 toe taps

What to do

- 1 Put a backpack on the floor. Tap it with one foot, then the other.
- 2 Now do it faster.

What it does

This helps coordination and foot speed. It also makes your lower legs work hard.



30 mountain climbers

What to do

- Start in a push-up position.
- 1 Bend your right knee and move that leg underneath your body. Touch your foot down.
 - 2 Quickly swap legs.
 - 3 Repeat the process.

What it does

It's great for strong shoulders and hips. A steady pace is needed to complete all 30 reps.



DRINK UP
Make sure you drink water before, during, and after exercise.

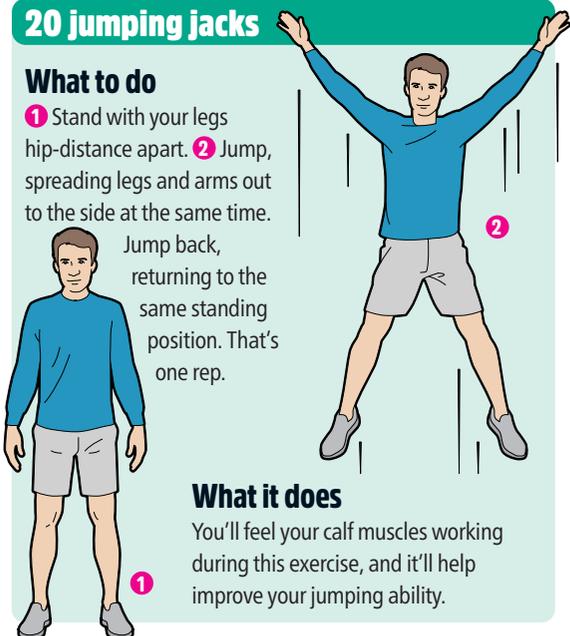
20 jumping jacks

What to do

- 1 Stand with your legs hip-distance apart.
- 2 Jump, spreading legs and arms out to the side at the same time. Jump back, returning to the same standing position. That's one rep.

What it does

You'll feel your calf muscles working during this exercise, and it'll help improve your jumping ability.



10 backpack swings

What to do

- Hold the top of your backpack (put some books in it to add weight).
- 1 Swing the backpack between your legs while keeping your chest up and back flat.
 - 2 Stand up fast with arms straight.
 - 3 Swing the bag up to eye level, then let it swing back down between your legs.

What it does

This movement was developed by weightlifters to improve their explosive power. It will increase the strength in various parts of your body, including your shoulders, lats (muscles in your lower and middle back), and glutes (muscles in your butt).

