



Get active workout

Work up a sweat with this challenging set of exercises.

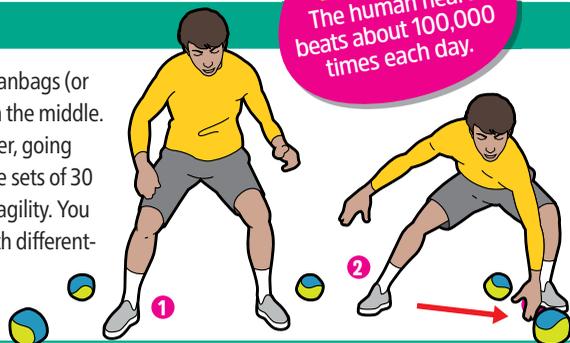
These moves can be done anywhere with things you have at home. You'll be improving your strength, speed, and agility.



You should do this series of exercises as many times as you can in seven to 10 minutes (decide on a time period beforehand and stick to it). Take your time between each exercise and don't go too fast at first. Ideally, the last set of each exercise should feel the most challenging. Before you start, gather small beanbags, cones, or other markers, plus two filled backpacks or other bags that close with a zipper. The bags should be heavy but not so heavy that you can't do the exercises.

Warm-up

- 1 Make a circle with eight small beanbags (or cones or other markers) and stand in the middle.
- 2 With quick feet, touch each marker, going back to the middle each time. Do five sets of 30 seconds. This is great for speed and agility. You can up the fun and the challenge with different-colored objects—ask someone to shout out which colors to touch.



FUN FACT
The human heart beats about 100,000 times each day.

Burpees over bag for 10 reps

What to do

Lie on the floor facedown with a bag in front of your head. **1** Push up to create an arch in your back. **2** Then, quickly push your hips up to the ceiling and jump your feet toward your hands. **3** From a standing position, jump over the bag in front of you. Turn around to face it again, lie down once more, and repeat.



What it does

The higher jump over the object in this burpee variation makes the move harder. It helps you move with power, even when you're tired.

Reverse burpees over bag for 10 reps

What to do

1 Lie on your back with the bag placed at your feet. **2** Then, as with the first burpees exercise, stand up and jump over the bag as fast as you can.



What it does

This movement helps you generate power from a different starting position and really works your abs (stomach muscles) as well as your legs.

Single leg hop over bag for 10 reps

What to do

1 Stand to the side of the bag. **2** Hop over with the leg closest to the bag, get your balance, and hop back. **3** Stay on the same leg for 10 reps. Change legs on your next round. Try to get stable when you land, and stop your leg from wobbling before the next hop.



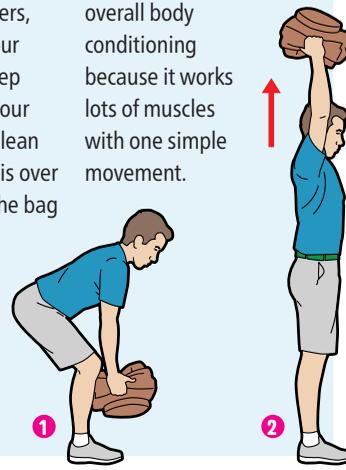
What it does

Single leg hopping movements work the whole leg really effectively. It's great for single leg strength, which transfers well to other sports. It's also good for your balance.

Bag ground to overhead for 10 reps

What to do

1 Take the bag from the floor to your shoulders, then push it over your head. **2** Always keep your back flat and your chest up, and don't lean back when the bag is over your head. Return the bag to the floor.



What it does

This is great for overall body conditioning because it works lots of muscles with one simple movement.