

# The 10x2 Home Circuit

Complete all the activities once, then, if you have the **TIME** and the **ENERGY**, go through the exercises again.

ACTIVITY	HINTS	NUMBER OF REPS / TIME
<b>Jog on the spot</b> <b>Marching is ok too</b>	Keep it low	75 to 100 right foot falls or time it: 2-3 mins = 1 song
<b>Knees - shoulder - reach overhead</b>	Stretch high above head - bend your knees as you tap them	12 - 15 times
<b>Toe taps on chair</b>	Or low stool	25 - 35 total
<b>Tricep dips on sofa</b>	Knees bent - butt close to sofa * remember to bend at the elbows	As many as you can!!!
<b>Step ups</b>	Up up, down down	Right leg: 20 - 30 Left leg: 20 - 30
<b>Bench press aways</b>	Hands wide	As many as you can
<b>Skipping or fidget feet</b>	Pretend rope	100 - 200 turns of rope
<b>Dip lunges</b>	Wide feet, chest open	8 - 12 each leg
<b>Rebounder</b>	Easy jog	2 minutes
<b>Polly squats (ball squats)</b>	Butt back (think public toilet!)	12 - 16

PTO

## No. 2

Complete all the activities once, then, if you have the **TIME** and the **ENERGY**, go through the exercises again.

<b>ACTIVITY</b>	<b>HINTS</b>	<b>NUMBER OF REPS / TIME</b>
<b>Side steps - singles</b>	Step and tap side to side	2 - 3 mins (mix it up with some double steps or marching)
<b>Knees - shoulder - reach overhead</b>	Stretch high above head - bend your knees as you tap them	12 - 15 times
<b>Jog on the spot</b>	Keep feet low	1 - 2 mins
<b>Tricep dips on sofa</b>	Knees bent - butt close to sofa * remember to bend at the elbows	As many as you can!!!
<b>Step and knee walk</b> Big high steps - you'll need the hallway	Lift the knee high then reach the leg out and take a big step forward. Then the other leg	20 steps all up
<b>Sofa press aways</b> Hand in the back of a sofa or heavy piece of furniture	Hands narrow with elbows tucked in at sides	As many as you can
<b>Jump over a line and back</b>	Try jumping over a cushion or shoe on the floor	10 - 15
<b>Dip lunges</b>	Wide feet - keep both feet pointed forward	8 - 12 each leg
<b>Shuttle walks</b>	About 3 - 4m distance - one side of the room to the other	2 minutes
<b>Polly squats (ball squats)</b>	Butt back (think public toilet!)	12 - 16