

## **Exercises – keeping fit**

### **Grade 1:      Loosening up (6 exercises)**

**Exercise 1**    Rotate head  
10x right and 10x left

**Exercise 2**    Circle both arms in the same direction  
10x forward, 10x backward

**Exercise 3**    Trunk twisting  
10x left and then 10x right

**Exercise 4**    Touch toes  
Keeping legs straight 10x

**Exercise 5**    Knee bend to chest  
10x right leg and 10x left leg

**Exercise 6**    Circling ankle  
Sit down, legs out straight, bend right knee, grasp ankle and turn in circle 10x. Do the same with left leg 10x.

### **Grade 2      Back in trim**

**Exercise 1**    Half push ups  
10x - rest and breathe in when extending and when lowering

**Exercise 2**    Toe touching  
Sit up legs out straight  
Left hand touches right toe and right hand touches left toe – stretch and back 30x.

**Exercise 3**    Sit ups  
Lie on back and sit up putting hands on knees – 15x. Keep legs straight.

**Exercise 4**    Side bending  
Feet apart, hands on hip  
Bend to left – 20x, bend to right – 20x

**Exercise 5**    Leg raising  
Lie on back and raise right leg to vertical and down, then left leg – whole movement 20x

**Exercise 6**    On spot running  
For 1 minute – keep count when right foot touches floor – try to do 100 paces.