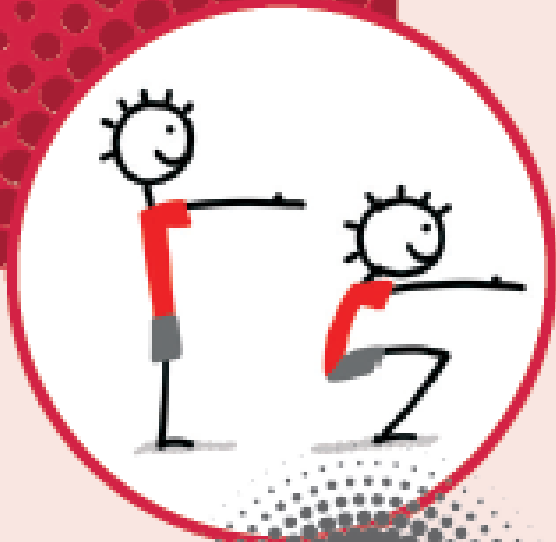


Challenge 2: How many squats can you do in 30 seconds?



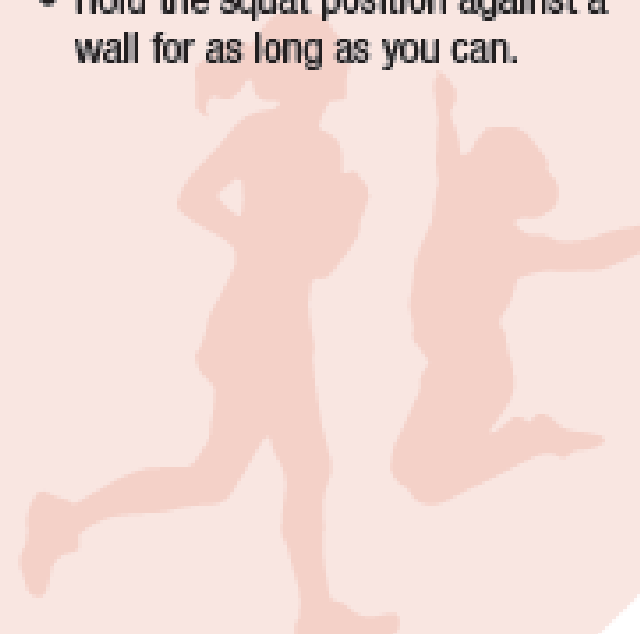
GLUTEAL
MUSCLES

Description

- Stand up tall to start and place your arms out in front of you.
- Bend your knees so that your legs are at a right angle at the knee joint.
- Pretend you are about to sit down on a chair.
- Keep your weight forwards and arms out at shoulder height.
- Slowly stretch the legs to return to a standing position.
- As you stand, squeeze your hips forwards.

Finding it easy? Try this...

- Increase the time to a 1 minute challenge.
- Jump squats: as you return to a standing position, add a jump before continuing.
- Hold the squat position against a wall for as long as you can.



Parents Signature:

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