



**Workout from home with
Mr Taylor**

Checking your pulse

Count how many times you feel your pulse in 10 seconds.

Keep that number in your head and times by 6 to quickly find your pulse rate for 60 seconds.

For example, Mr Taylor had 11 beats in 10 seconds.
 $11 \times 6 = 66$.

So, within 1 minute Mr Taylor would have had 66 beats per minute.

$220 - (\text{YOUR AGE}) = \text{Your maximum heart rate.}$





Workout Routine

You have 40 seconds to complete each exercise.

The quicker you complete the exercise the longer rest you will have before you start the next exercise.

This workout routine consists of:

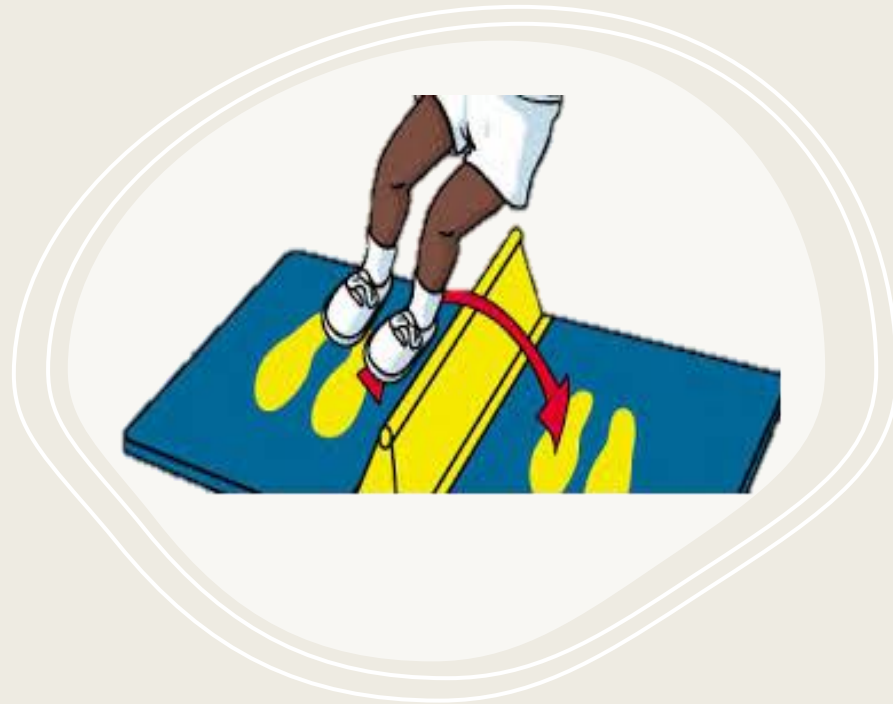
- Star jumps
- Speed bounce
- Frog jumps
- Walk outs
- Leg raises
- Lunges

40 seconds

Star Jumps x20



40 seconds



Speed Bounce x20

Find something from in your house to jump over.

Mr Taylor used a tissue box from the school library.

Make sure it is not:

- Too high
- Too slippery

40 seconds

Frog Jumps x20

Crouch down and place your hands out in front of you.

Whilst keeping your hands on the floor jump from side to side 20 times.



40 seconds

Walkouts x10



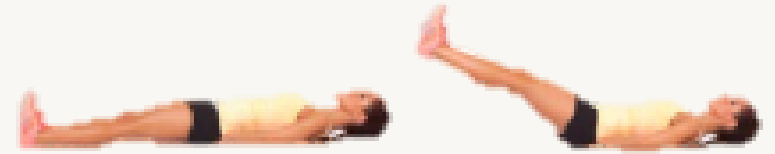
40 seconds

Leg Raises x10

Place your hands by your side as you raise and lower your legs off the ground.

Always keep your head and back on the floor.

Don't let your legs touch the floor.



40 seconds



Lunges x10

Don't let your knee get too close to your foot.

Keep your back straight.

Make sure you're looking forward.

Don't let your knee touch the ground.

Checking your pulse

Check your pulse again for 10 seconds then times by 6 to work out your pulse in 1 minute.

Mr Taylor had 18 beats. $18 \times 6 = 108$ beats per minute.

Was your beats per minute higher or lower than Mr Taylor's?

How close was you to your $220 - (\text{YOUR AGE}) =$ your maximum heart rate.



Suggestions/recommendations

Try push yourself to complete another round of this workout.

Attempt to complete these exercises in a quicker time so you have more time to rest.

You could increase the number from 10 or 20 to a higher number to try challenge yourself.

Complete this with a partner, a parent, sibling or even a friend who lives in another household.

You could also see how many of each exercise you could do in the 40 second time frame and challenge your family or friends to beat that number.

Recording/score table

Using the table below, write down how many you complete within the 40 seconds.

You can extend and expand this table if you wish to complete another round.

Exercise	Round 1	Round 2
Star Jumps		
Speed Bounce		
Frog Jumps		
Walkouts		
Leg Raises		
Lunges		



Well done!!