

## Joe Wicks: Active 8-Minute Workout

### Walkouts

1. Start standing tall.
2. Place both hands on the floor and walk them out into a press-up position.
3. Tap each shoulder with the opposite hand one at a time.
4. Walk your hands back and stand up tall.

You can take out the shoulder-taps to make this less challenging.



## Joe Wicks: Active 8-Minute Workout 3

### Running on the Spot

1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.

Try pressing the turbo button for the last 10 seconds.



## Joe Wicks: Active 8-Minute Workout 3

### Lateral Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat.
3. Take a step to the right, staying low and squat again.
4. If there's space, repeat this - going the same way a few times.
5. Then squat and step to the left a few times.

Remember to keep low and to have a straight back. This exercise will strengthen your quadriceps.



## Joe Wicks: Active 8-Minute Workout 3

### Running on the Spot

1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.

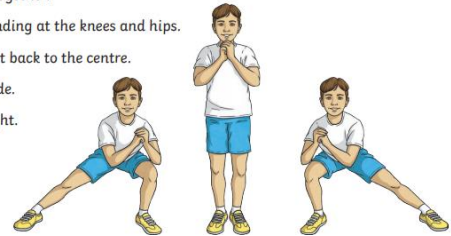
Try pressing the turbo button for the last 10 seconds.



## Joe Wicks: Active 8-Minute Workout 3

### Side Lunges

1. Start with your feet together.
2. Lunge to one side, bending at the knees and hips.
3. Step your lunging foot back to the centre.
4. Lunge to the other side.
5. Keep your back straight.



## Joe Wicks: Active 8-Minute Workout 3

### In and Outs

1. Start in a press-up position.
2. Walk one foot in and then the other.
3. Walk one foot back out and then the other.

If your upper body starts to get tired, stop and shake out your arms for a few seconds.

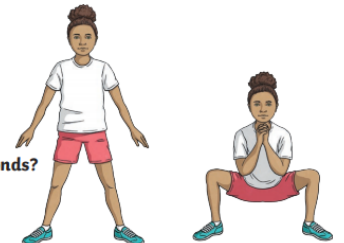


## Joe Wicks: Active 8-Minute Workout 3

### Sumo Squats

1. Turn your feet out and start in a wide stance.
2. Squat down really low into a sumo position and back up again.
3. Push through your heels and drive upwards to stand up tall.
4. Remember to keep a straight back.

Can you hold the sumo position for the last 5 seconds?



## Joe Wicks: Active 8-Minute Workout 3

### Box Push-Ups

1. Start with your arms straight and your hands and knees on the floor.
2. Lower your upper body down towards the floor by bending your arms.
3. Straighten your arms to bring your upper body back up again.

The lower you get to the floor, the harder this exercise will be.

How many can you do in 35 seconds?

You will feel this in your arms and upper body!



## Joe Wicks: Active 8-Minute Workout 3

### Running and Punching

1. Run on the spot with forward punches.
2. Use opposite arms and legs: when your left knee is raised, punch with your right fist.
3. Bring your knees up high.

How quickly can you go? Try sprinting for the final 10 seconds.

