

Joe Wicks: Active 8-Minute Workout 4

Star Jumps

Make sure you have enough room for this exercise!

1. Stand straight with your arms by your side and feet shoulder-width apart.
2. Jump upwards, bringing your arms and legs out to make a star shape as you land.
3. Jump upwards again to bring your feet and arms back to the starting position.



How many star jumps can you do in 35 seconds?

Try turbo star jumps!

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Marching on the Spot

1. March on the spot with high knees.
2. Try to stand tall and pump your arms.

Try facing different compass directions as you are marching, such as north, south, east and west.



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Punches

1. Stand with a wide stance and slightly bent knees.
2. Try the following punches:
 - forward punches;
 - upper cuts;
 - punching upwards;
 - hooks.

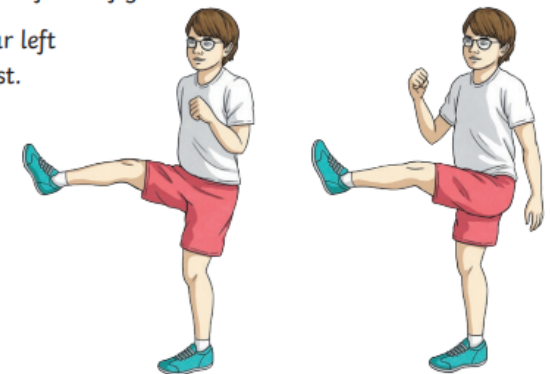


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Front Kicks

1. March on the spot with high kicks out in front of you.
2. Use opposite arms and legs: when your left leg is raised, punch with your right fist.

Make sure there is enough space to kick in front of you. If there is limited space, you can just lift your knees up high.



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Kangaroo Jumps

1. Imagine you are a kangaroo and jump up and down.

Can you bounce from left to right?

How high can you jump? BOING!

Can you bounce round in a circle in one direction and then in the other?



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Sprinting on the Spot

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

Imagine you're running for the 100m gold medal!



