

KEEPING ACTIVE

Write the correct name of the exercise

Practise the workout yourself

Teach it to a member of your family

CALF RAISES

SQUATS

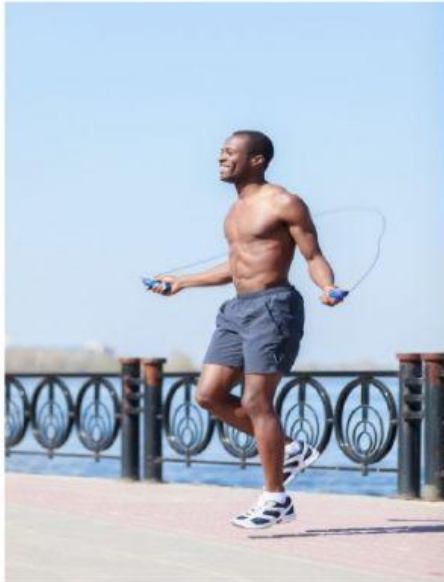
CRUNCHES

LUNGES

TRICEPS DIPS

PUSH UPS

JUMP ROPE



1 set of 50 repetitions



3 sets of 10 repetitions



3 sets of 10 repetitions



3 sets of 10 repetitions



3 sets of 15 repetitions



3 sets of 10 repetitions



3 sets of 10 repetitions
(five with each leg)