

# 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

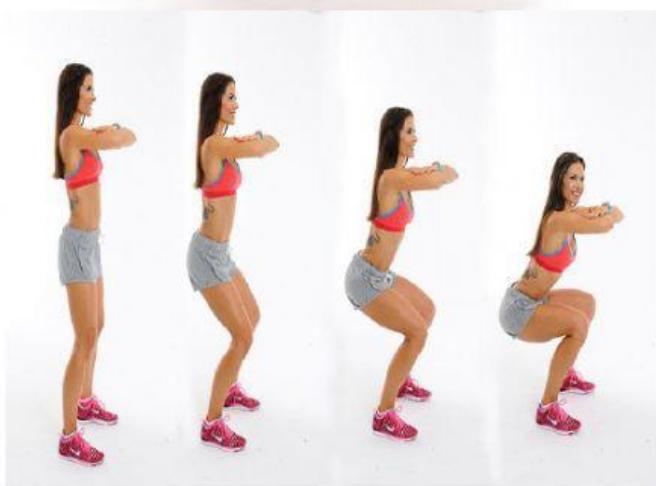


3 sets of 10 repetitions





3 sets of 15 repetitions



3 sets of 10 repetitions



3 sets of 10 repetitions  
(five with each leg)