KEEPING ACTIVE

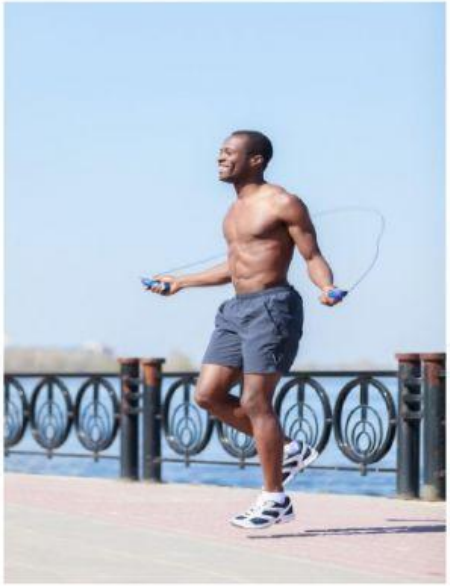
Write the correct name of the exercise

Practise the workout yourself

Teach it to a member of your family

CALF RAISES **SQUATS** **CRUNCHES** **LUNGES**

TRICEPS DIPS **PUSH UPS** **JUMP ROPE**



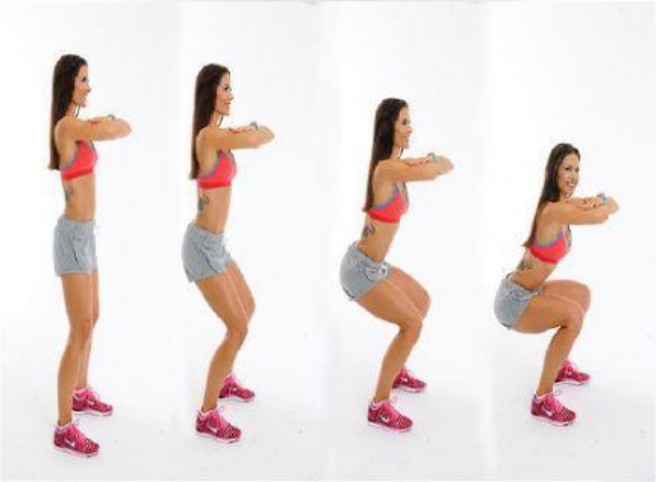
1 set of 50 repetitions

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)