Toddler

Head, Shoulders, Knees and toes

Focus
- Increasing blood flow
- Increase heart rate
- Building fitness levels
- Reduce stiffness in joints.
- Weight control
- Increases flexibility
- Enjoyment 😊

Tips
- Have fun whilst exercising!!

Difficulty
Beginner – n/a
Intermediate – n/a
Advance – n/a

Plank hold - Mummy Bridge

Focus
- Strengthens the abdominals, back and shoulders
- Increases Muscle Definition
- Reduces Back Pain
- Gives You Better Posture
- Improves Balance
- Weight control

Tips
- Breathe slow and steady; don't hold your breath
- Make sure to maintain a neutral spine and neck.
- Flex every muscle in your body; with extra emphasis on your abs, lower back and glutes.

Reps and sets
3 sets of 60 seconds

Difficulty
Beginner – on arms, elbow, and knees 3 sets of 30 seconds
Intermediate – on arms, elbow, and feet (full plank position) 3 sets 45 seconds
Advance – on arms, elbow, and feet (full plank position) 3 sets of 60 seconds
Toddler shoulder press

Focus
• Strengthens the triceps, shoulders, and upper chest

Tips
• Make sure the child is in comfortable position.
• Read the body language of the child, to see whether they are enjoying the exercise.
• Concentrate on the moment rather than speed.

Reps and sets
6-15 reps 1-6 sets

Difficulty
Beginner – 5 reps x 2 sets
Intermediate – 10 reps x 3 sets
Advance – 15 reps x 4 sets

Star jumps

Focus
• Great form of cardiovascular exercise gets heart racing and blood pumping
• Whole body workout
• Improves balance and coordination
• Effective for weight loss
• Improves stamina

Tips
• Land softly on both feet

Reps and sets
15 - 24 reps 2 sets

Difficulty
Beginner – 15 reps x 2 sets
Intermediate – 24 reps x 2 sets
Advance – power star jumps

Toddler Squats

Focus
• building your leg muscles – quadriceps, hamstrings, and calves
• improving muscle mass
• great all rounder for the whole body

Tips
• Concentrate on the movement rather than the speed
• As you squat down, focus on keeping your knees in line with your feet
• Drive through your heels on the way up.
• Arms on hips or out in front of you to keep balance.

Reps and sets
7–10 reps 3 - 4 sets

Difficulty
Beginner – 10 reps of 3 sets
Intermediate – hold for 5 -10 seconds
Advance – squat lower

Mummy Glute Bridge
Focus
• Tones the glutes and the hamstrings
• Enhance core stability by targeting abdominal muscles and the muscles of lower back and hip

Tips
• When you come up squeeze your glutes and hamstrings
• Lift your hips of the ground as high as you can, pushing through the hells
• Place hands on the ground beside you for support

Reps and sets
15-25 reps 3-4 sets

Difficulty
Beginner – 20 reps x 3 sets
Intermediate – challenge yourself to do as many as you can in 1 minute
Advance –lift one leg of the floor and alternate legs. 25 reps x 4 sets
Mum and Toddler circuit

You can make these exercises into a circuit by following the steps below. Repeat circuit x 3 = 24mins circuit.

Head, Shoulders, Knees and toes 30 seconds exercise / 30 seconds rest

Plank hold - Mummy Bridge 30 seconds exercise / 30 seconds rest

Toddler shoulder press 30 seconds exercise / 30 seconds rest

Star jumps 30 seconds exercise / 30 seconds rest

Toddler Squats 30 seconds exercise / 30 seconds rest

Mummy glute bridge 30 seconds exercise / 30 seconds rest

Followed by a 2min recover period then repeat

Please note – if you find this circuit to easy you can progress by following the intermediate or advance routines above