Fireman Sam Cardio

Focus
- Increase fitness levels.
- Help with weight control/loss.
- Toning your arms and core muscles.
- Fun for you and your child.

Tips
- Have fun whilst exercising. 😊
- Increase speed gradually to improve your fitness levels.

Reps and sets
Aim for 30 – 60 seconds.

Difficulty
Beginner – Aim for 30 seconds.
Intermediate – Aim for 45 seconds at a faster speed.
Advance – Aim for 60 seconds at a faster speed.

Spiderman jump

Focus
- Great for toning the abdominals.
- Strengthen the arms and shoulders.
- Burn calories.
- Strengthen the glutes, hamstrings and quads
- Hip flexibility.

Tips
- Pick your child’s favourite character.
- Aim to make it fun to keep the child engaged.

Reps and sets
Aim for 10 – 15 reps, 2-3 sets.

Difficulty
Beginner – 10 reps, 2 sets.
Intermediate – 15 reps, 3 sets.
Advance – add a jump and increase speed 15 reps x 3 sets.
**Walking Crab**

**Focus**
- Strengthen your arms and shoulders.
- Build muscle in the glutes, hamstrings, and quads.
- Burn Calories.
- Improve balance.

**Tips**
- Start by sitting on the floor first to get into the correct position.
- Lift hips off the floor and tighten your abs.
- Only progress to walking when you feel comfortable.

**Reps and sets**
Aim for 30 seconds – 60 seconds.

**Difficulty**
- Beginner – Stationary crab hold for 30 seconds
- Intermediate – Progress to the walking crab for 45 seconds
- Advance – Progress to the walking crab for 60 seconds

**Wall Sit**

**Focus**
- Tone the quads, hamstrings and glute muscles.
- Increase muscular endurance.
- Strengthen your abdominals.

**Tips**
- Keep your back and shoulders against the wall
- Squeeze your glutes.
- Keep feet shoulder width apart.
- Talk to your child to keep them motivated.
- Challenge your child to see who can stay up for longer.

**Reps and sets**
Hold for 10-15 seconds x 2-5 sets.

**Difficulty**
- Beginner – hold for 10 – 15 seconds x 2 sets.
- Intermediate - hold for 10 – 15 seconds x 4 sets.
- Advance – cross leg over, and hold for 15 seconds x 5 sets.
Funny Dance

Focus
- Great to improve cardio-vascular fitness.

Tips
- Make it fun for your child.
- Chase one another around the room (safety).

Reps and sets
Aim for 45 – 60 seconds

Difficulty
Beginner – Aim for 30 seconds
Intermediate – Aim for 45 seconds at a faster speed
Advance – Aim for 60 seconds at a fast speed.
Mum and KS1 circuit

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

Fireman Sam Cardio 30 seconds exercise / 30 seconds rest

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Spiderman jump 30 seconds exercise / 30 seconds rest

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Walking Crab 30 seconds exercise / 30 seconds rest

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Wall Sit 30 seconds exercise / 30 seconds rest

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Funny Dance 30 seconds exercise / 30 seconds rest

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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