Toddler

Cardio exercise - I am the music man

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

Tips
- Have fun whilst exercising!
- Chose the music both you and your toddler enjoy.

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

Squat Shoulder Press

Focus
- Strengthen in the shoulder and triceps muscles.
- Strengthen the core muscles.
- Build strength and power in the quads and glutes.
- Burn calories and great for toning.

Tips
- Hold toddler in a comfortable position with both hands.
- Come down into a squat position, keeping in an upright position with back straight.
- Push up through the heels and use the momentum to raise toddler above your head.

Reps and sets
Aim for 10-12 reps, 3 sets.

Difficulty
Beginner – 10 reps x 2 sets.
Intermediate – 12 reps x 3 sets.
Advance – 12 reps x 3 sets but pulse for a few seconds with the baby at the bottom of the squat and come up.

Jump Squats

Focus
- Build muscle mass and tones the hamstrings, quads and glutes.
- Build a solid strength foundation and balance in your lower body.
- Burn more calories than a regular squat.
- Great fun for you and your toddler.

Tips
- Keep your weight on your heels.
- Your bum, back, and core muscles should be engaged the entire time.
- Keep your torso upright with your shoulders pulled back.
- Land on your feet lightly when your feet touch the ground.

Reps and sets
Aim for 10-12 reps 3 sets.

Difficulty
Beginner – 10 reps x 2 set.
Intermediate – 12 reps x 3 sets.
Advance – 8 reps x 2 sets pulse for 5 seconds after each rep.

Calf Raise

Focus
- Build the calf muscle, specifically the gastrocnemius.
- Great for bonding with baby.
- Improve balance.
- Great to strengthen the ankles.

Tips
- Hold child in a comfortable position.
- Have fun with your child.

Reps and sets
Aim for 12 – 15 reps, 3 sets.

Difficulty
Beginner – 12 reps x 3 sets.
Intermediate – 15 reps x 3 sets.
Advance – 15 reps x 3 sets go lower.
**Bicycle Kicks**

**Focus**
- Build your core muscles.
- Target and burn calories in the tummy.
- Strengthen your back muscles.
- Full body workout.
- Great for toning.

**Tips**
- Concentrate on the technique i.e. slower movement rather than speed.
- Engage your abdominals at all times.
- Don't let your feet touch the floor.

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

**Difficulty**
Beginner – 10 reps x 2 sets.
Intermediate – Lift shoulders of the floor, 12 reps x 2 sets.
Advance – Lift shoulders of the floor, 15 reps x 3 sets.
**Mum and Toddler circuit**

You can make these exercises into a circuit by following the steps below. Repeat circuit x 3 = 21mins circuit.

Cardio Exercise (I am the music man) 30 seconds exercise / 30 seconds rest

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Squat Shoulder Press 30 seconds exercise / 30 seconds rest

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Jump Squats 30 seconds exercise / 30 seconds rest

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Calf Raise 30 seconds exercise / 30 seconds rest

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Bicycle Kicks 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.