

**RHL'S 10 MINUTE CHALLENGE - SECONDARY & 6<sup>th</sup> FORM CIRCUIT  
'EXERCISE GUIDE'**



EXERCISE	DESCRIPTION
Jumping Jacks	Stand with feet together and arms by side. Jump legs out to the sides and swing arms into the air to make a star shape. Jump to return to start position. Repeat.
Boxing	Stand with feet part and knees bent. Clench fists and alternately punch out until the arm is straight. Repeat.
Ceiling Jumps	Bend down and touch the floor then jump up to reach ceiling. Repeat.
Sumo Squats	Hold arms straight out at shoulder height. Slowly bend down as if sitting but lean forwards and keep your arms out. Hold position when as low as you can go then slowly return to standing, holding arms in the same position.
Plank	On hands and knees, walk your feet out until legs are straight. With shoulders over wrists, your back and legs in a straight line and check your bottom is not sticking up. Hold for as long as possible. To make easier, make a triangle with hands together and forearms on floor.
Running on Spot	Run as fast as you can on the spot - Keep pumping your arms to help.
Sit Ups	Lie with arms above head, legs slightly bent and soles of feet on floor. Slowly bring arms back over head and sit up in one smooth motion, stretching hands towards feet. Slowly reverse movement until lying down. Repeat.
Lunges	Stand straight with hands on hips then slowly take a large step forward, back leg sinking until your shin is parallel to the floor. Slowly rise up and change legs.
Spotty Dogs	Put your left arm out in front of you and your right leg back. Jump to swap them so your right arm is out in front with your left leg back. Repeat and increase the speed.
Flutter Kicks	Lie on your back with legs out straight. Lift your legs off the floor slightly and then keep crossing them over each other, right over left, left over right.
Burpees	Crouch down until hands are on the floor and then jump feet out to plank position (see above). Jump feet back in next to hands.

**Use these exercises or create your own circuit with your own exercises. Don't forget to get sponsorship for your 10 Minute Challenge. Anyone who raises over £15 will be put in a draw to win a fantastic prize!**

**DISCLAIMER** As a participant, you should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge RHL from any and all claims or causes of action, known or unknown, arising out of RHL negligence. RHL recommends you consult your physician before beginning any exercise program.