Instruction English  
  
**Squat**  
  
1. Stand with your feet around shoulder width while your toes are facing front.  
2. Bend with your knees while you push your hips back and press your knees slightly back.  
3. Keep your heels and toes on the ground, back straight and shoulders back.  
4. Bend your knees to a 90 degrees angle.  
5. Straighten your legs to return to an upright position.  
  
**Push-Up**  
  
1. Get on your hands and feet and place your hands slightly wider than your shoulders.  
2. Straighten out your arms and legs.  
3. Bend your arms so your body lowers and nearly touches the ground.  
4. Wait 3 seconds and then push yourself back up.  
  
**Dip**  
  
1. Keep yourself up on the parallel bars.  
2. Bend your arms to lower your body whilst you are leaning forward.  
3. Keep lowering your body until your shoulders are below your elbows.  
4. Lift your body and end with straight arms.  
  
**Plank**  
  
1. Get on your forearms and toes and place your hands under your shoulders.  
2. Keep your back and legs straight.  
3. Hold this position for 30 seconds.   
  
**Donkey Kick**  
  
1. Get on your elbows and knees while facing the ground.  
2. Straighten out your right leg behind you and hold this position for 5 seconds.  
3. Bring your right leg back to the starting position.  
4. Straighten out your left leg behind you and hold this position for 5 seconds.  
5. Bring your left leg back to the starting position and repeat step 2, 3, 4 and 5 as many times as you want.  
  
**Mountain** **Climber**  
  
1. Get into a plank position.  
2. Pull your right knee towards your left elbow.  
3. Put your right knee back and pull your left knee towards your right elbow.  
4. Keep alternating between knees.

**Burpee**  
  
1. Start in a standing position.  
2. Go into a squat position.  
3. From the squat position go into the push-up position  
4. Do a push-up.  
5. Go back into the squat position.  
6. Jump once.  
  
**Lunge**  
  
1. Start in a standing position.  
2. Bend your knees to lower your body until your knee is a almost touching the ground.  
3. Straighten your knees to go back to the starting position.  
  
**Wall sit**  
1. Place your feet on the ground around shoulder width.  
2. Put your back against a wall.  
3. Bend your legs to a 90 degrees angle while sliding down your back.  
  
**Crunch**  
  
1. Get on your back and keep your feet flat on the ground whilst bending your knees upwards.  
2. Lift your upper body, whilst keeping your neck relaxed.  
3. Return to the starting position.