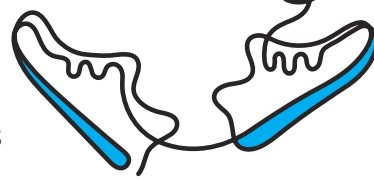


Joe Wicks: Active 8-Minute Workout 1

View the linked video content [here](#) to see Joe demonstrate the workouts.

Please check that the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.

These cards have been created to illustrate the exercises demonstrated by Joe in the workout video. Each exercise is performed for 35 seconds, with a 25-second rest in-between. However, this can be changed to suit your class. The cards can be used with or without the video to support children who need help performing each movement; to create workouts of different lengths or to complete their exercises outdoors.

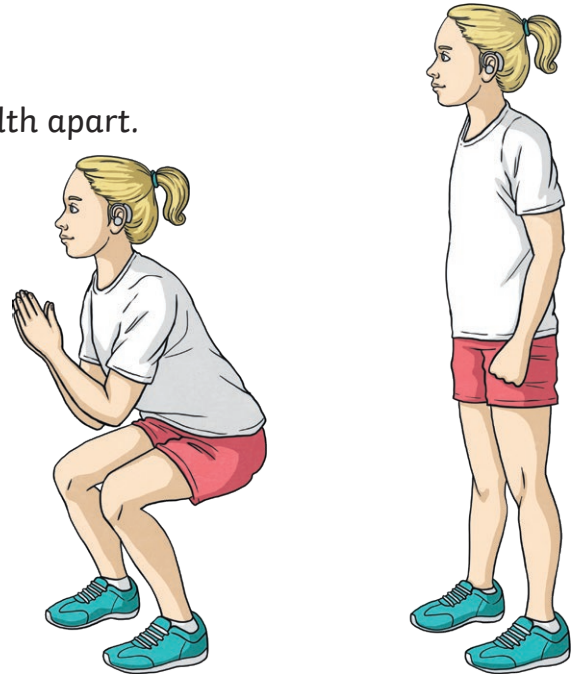


Official Education Partner

Joe Wicks: Active 8-Minute Workout 1

Squats

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



Joe Wicks: Active 8-Minute Workout 1

Running on the Spot

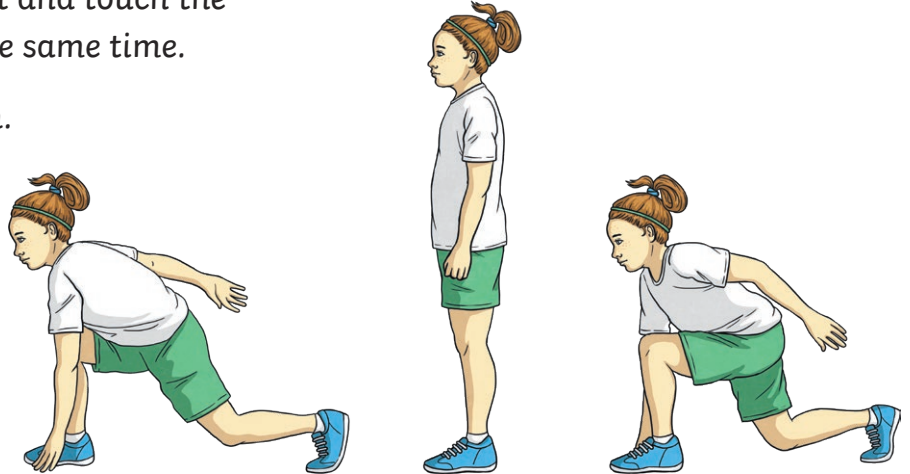
1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.
3. Try facing different compass directions, such as north, south, east and west.



Joe Wicks: Active 8-Minute Workout 1

Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



Joe Wicks: Active 8-Minute Workout 1

Climb the Rope

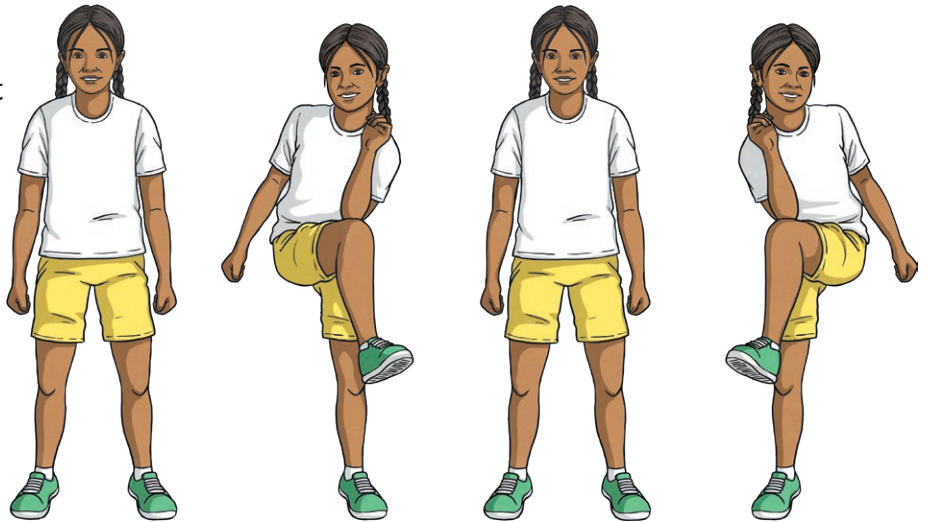
1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.



Joe Wicks: Active 8-Minute Workout 1

Knee to Elbow

1. Imagine you are marching on the spot.
2. Lift up one knee and bring it towards the opposite elbow.
3. Repeat with the other knee and the opposite elbow.
4. Keep a straight back.

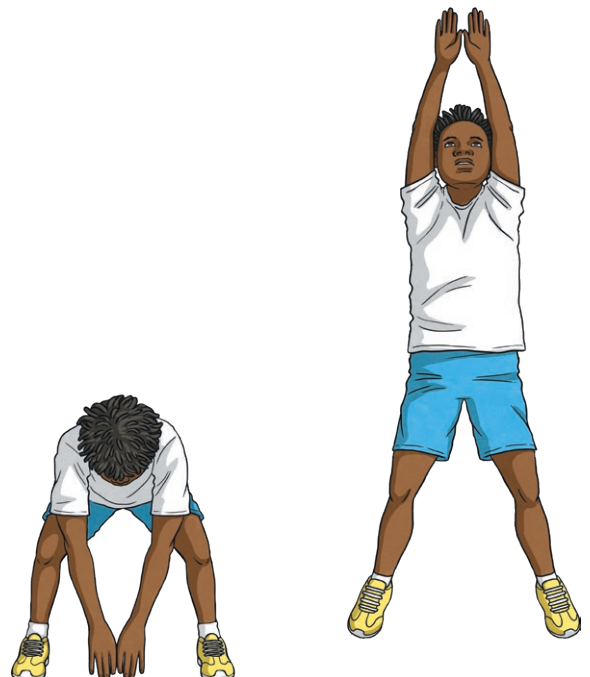


Joe Wicks: Active 8-Minute Workout 1

Frog Jumps

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down and touch the ground with both hands – bend from the knees not from the back.
3. Jump up high with your hands in the air.

Can you jump like a frog?



Joe Wicks: Active 8-Minute Workout 1

Slow Motion Burpees

1. Start with your feet shoulder-width apart.
2. Bend your knees and place your hands down on the floor in front of you.
3. Step back with one leg and then the other so that they are both straight.
4. Step forwards with one leg and then the other leg.
5. Stand up tall, stretching your arms above your head.



How many can you do in 35 seconds? It's you against the clock!



Joe Wicks: Active 8-Minute Workout 1

Squat Hold with Punches

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Hold the position and punch forwards with your arms one at a time.

Can you feel it in your legs?

