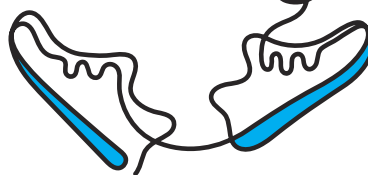


# Joe Wicks: Active 8-Minute Workout 4

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.



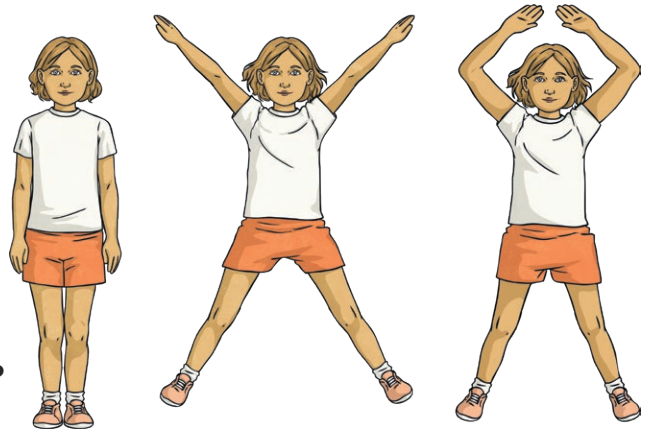
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# Joe Wicks: Active 8-Minute Workout 4

## Star Jumps

**Make sure you have enough room for this exercise!**

1. Stand straight with your arms by your side and feet shoulder-width apart.
2. Jump upwards, bringing your arms and legs out to make a star shape as you land.
3. Jump upwards again to bring your feet and arms back to the starting position.



**How many star jumps can you do in 35 seconds?**

**Try turbo star jumps!**

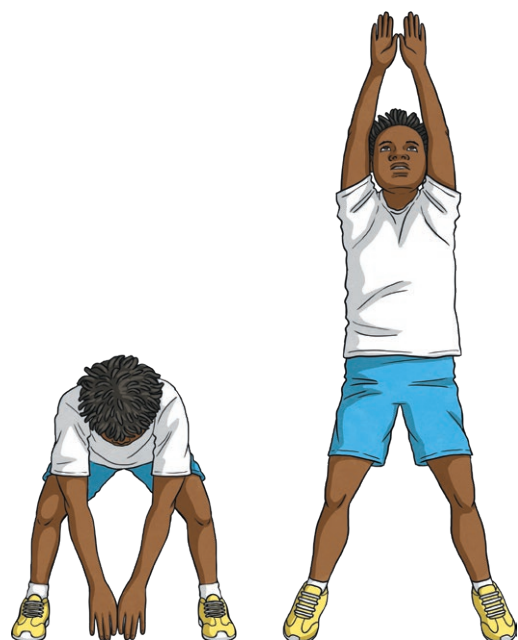


# Joe Wicks: Active 8-Minute Workout 4

## Touch the Sky

1. Start with your feet nice and wide.
2. Squat down and touch the floor with both hands between your legs.
3. Stand up tall and reach up high with your hands above your head.

**How high can you stretch?**

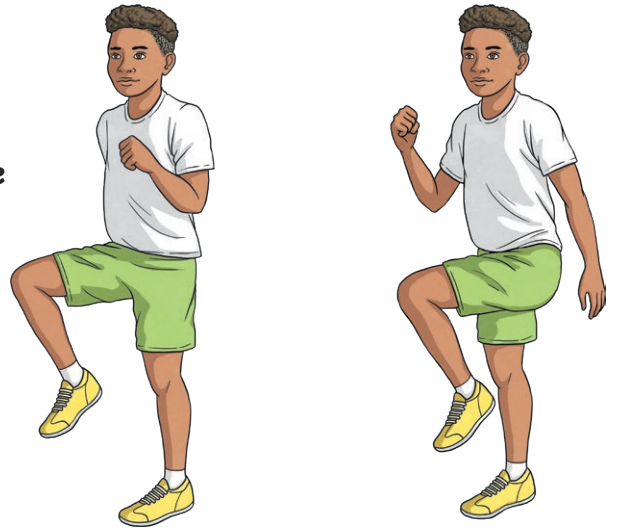


# Joe Wicks: Active 8-Minute Workout 4

## Marching on the Spot

1. March on the spot with high knees.
2. Try to stand tall and pump your arms.

**Try facing different compass directions as you are marching, such as north, south, east and west.**

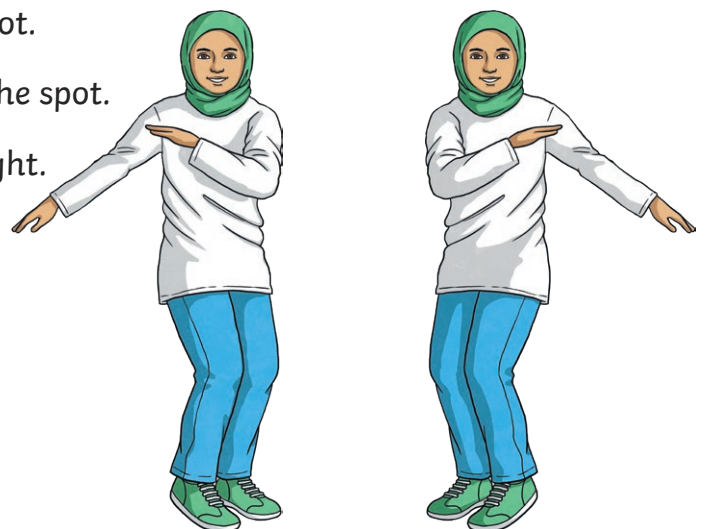


# Joe Wicks: Active 8-Minute Workout 4

## Jumping Twists

1. Jump and twist one way, staying on the spot.
2. Jump and twist the other way staying on the spot.
3. Use your arms to help you twist left and right.

**This exercise will work your core muscles.**



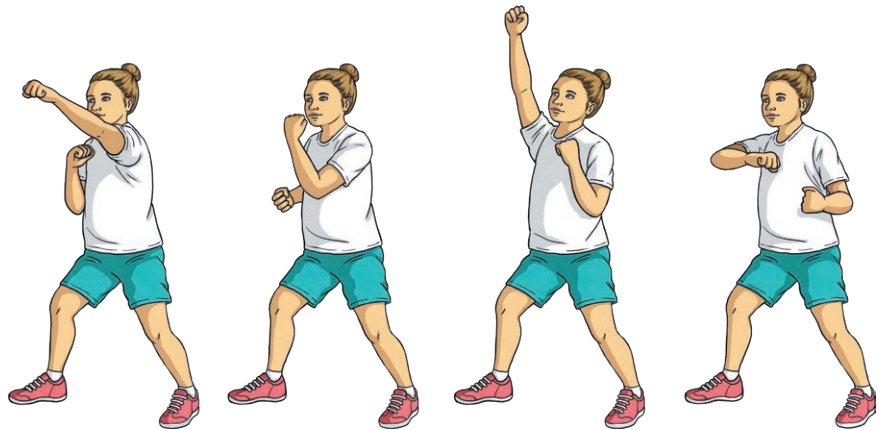
# Joe Wicks: Active 8-Minute Workout 4

## Punches

1. Stand with a wide stance and slightly bent knees.

2. Try the following punches:

- forward punches;
- upper cuts;
- punching upwards;
- hooks.



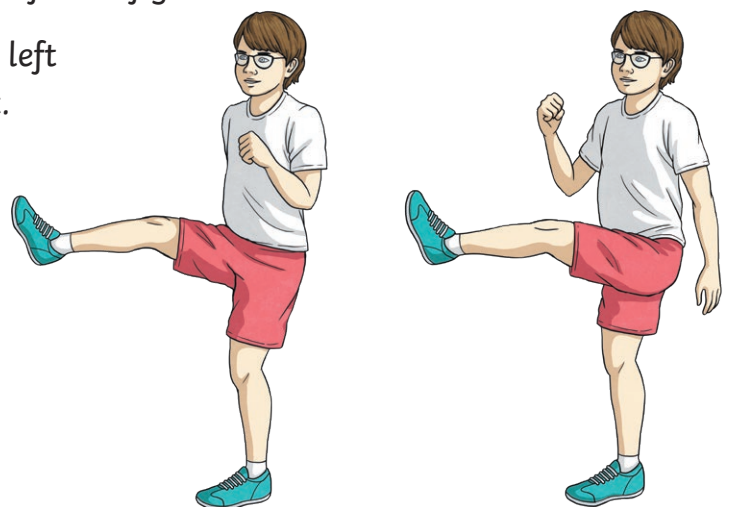
# Joe Wicks: Active 8-Minute Workout 4

## Front Kicks

1. March on the spot with high kicks out in front of you.

2. Use opposite arms and legs: when your left leg is raised, punch with your right fist.

**Make sure there is enough space to kick in front of you. If there is limited space, you can just lift your knees up high.**



# Joe Wicks: Active 8-Minute Workout 4

## Kangaroo Jumps

1. Imagine you are a kangaroo and jump up and down.

**Can you bounce from left to right?**

**How high can you jump? BOING!**

**Can you bounce round in a circle in one direction and then in the other?**



# Joe Wicks: Active 8-Minute Workout 4

## Sprinting on the Spot

1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.

**Imagine you're running for the 100m gold medal!**

