

# Train with PEDAL!

You could start by doing these exercises once or twice a week and build up to doing them every day!



If you print this page before you start, the rest of your family can join in too!



Don't forget to wear trainers!

1

Jump up and down 10 times.

Make sure there is nothing around you that you might knock over!



5

Do 10 star jumps.

2

Jog on the spot as you count to 10.

You can do these exercises inside...



... or outside!

3

Touch the ground then spring up 10 times.



4

Slowly bend forward to try and touch your toes as you count to 10.

If you can't reach your toes, try to get a little further each time - don't overstretch!



7

Balance on one leg holding your other ankle behind you close to your bottom. Put your other hand on your head to help you balance. Try to stand still as you count to 10.

Try this the opposite way round too.



8

Balance your fingers on your shoulders with your elbows out to the side. Now stretch out your arms and bring them in again 10 times.

You can do this standing up or sitting down.

