

STAYING ACTIVE AT HOME

Now more than ever it's important we keep active – it's great for our mental health and it keeps our bodies moving while we are spending more time at home. To help keep you moving, our DC fit team has come up with a simple work out that will keep you active and it only takes 15 minutes a day!

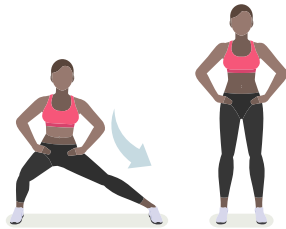
15 MINUTE HOME WORKOUT

- Choose 8 of the exercise options from the below diagrams
- Do each exercise for 30 seconds, then take 10 seconds break and
- Repeat 3 times

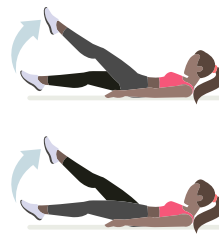
PLANK JACKS



SIDE LUNGES



SIDE-TO-SIDE SCISSORS



PUSH UPS



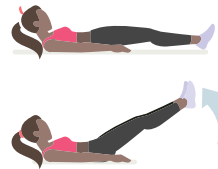
JUMPING HIGH KNEES



SIDE-TO-SIDE PUSH UPS



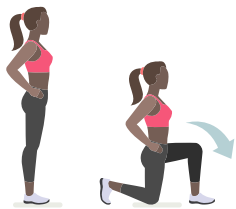
LEG RAISES



BOXING: 10 JABS, 10 UPPERCUTS



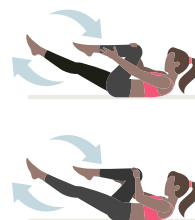
JUMPING LUNGES



JUMP SQUATS



TOE TOUCHES



MOUNTAIN CLIMBERS

