



Greenhouse
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CHALLENGE YOURSELF
WITH OUR

MINTUE MASH UP

Get fit and feel great!

Below are 6 different exercises that you can do in the comfort of you own home or out in the fresh air:

- 1) **Body Squats** - Legs shoulder width apart and with a straight back squat as low as your can. To make it harder try squat jumps.
- 2) **Star Jumps** - Jump in the air moving your legs out and arms up at the same time..
- 3) **Push Ups** - To make them easier you can balance with your knees on the floor or do it against a wall
- 4) **Sit Ups** - With knees bent and a straight back, move your upper body up and down off the floor.
- 5) **Dips** - With bent knees and hands on a chair, move your body up and down.
- 6) **Lunge** - Keeping straight & upright, step forward on 1 leg and lunge, keeping a straight chest, then move back.

Exercise 1

Body Squats

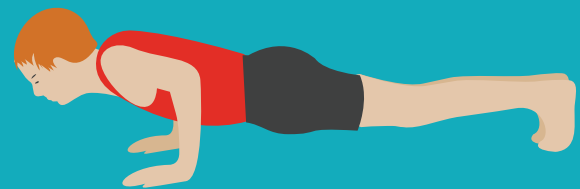


Star Jumps

Exercise 2

Exercise 3

Push Ups



Sit Ups

Exercise 4





Exercise 5

Dips



Star Jumps

Exercise 6

Challenge

If you're feeling energetic, why don't you try this challenge for the week. Pick your favourite exercise to do each day, adding on 5 or 10 reps each day. E.g. Push Ups:

- Day 1 - 20
- Day 2 - 25
- Day 3 - 30
- Day 4 - 35
- Day 5 - 40