
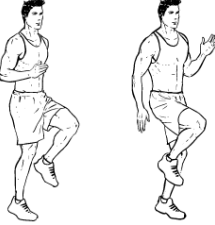
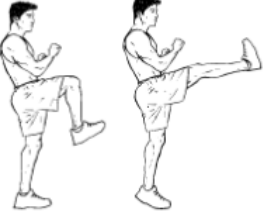
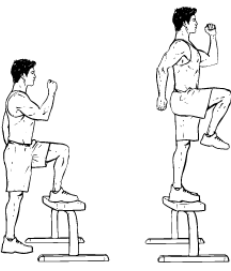



HEALTHY FAMILIES COACH

Home Cardio Programme

How often can you do this?

Exercises	Notes	Time / reps	Intensity
	Walk to warm up - Walk on the spot or up and down the driveway - Swing your arms and lift your knees to warm up all muscles	2 min	
	High Knees - On the spot lift your knee as high as you can - Switch to other leg - Keep your shoulders back -	2 min	
	High kicks - Kick one leg out in front of you - Then repeat with other leg - Hold onto a wall for balance if needed	1 min	
	Steps ups - Using a chair or step, step up on the box with your left leg, swinging your arms as you do so. - Take your right knee and raise it in front of you, into the air. - Step down with your right leg. Repeat exercise with the other leg.	10 - 12 on each leg	
	Squat (and jump if you want) - Stand with your feet hip width apart. - Bend your knees as if you are sitting down on a chair. - If you want to jump, add this as you straighten your legs	10 - 12	

Goals: