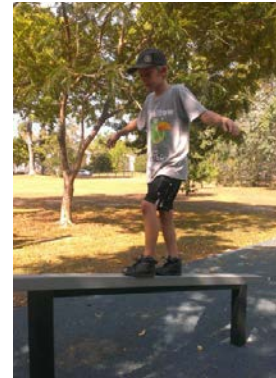


### STATION 1 BALANCE BEAM

1. Climb up on to low end of beam.
2. Be as tall as you can and bring your belly in so you feel strong.
3. Bring your arms out and look forward.
4. Walk to the end of the balance beam putting one foot in front of the other.
5. When you get to the end, turn and walk back.
6. Repeat as many times as you like.



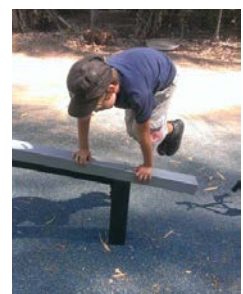
### STATION 2 DONKEY KICKS

1. Put your hands on to handle, bring your belly in and stand up tall.
2. Bend your knees just a little, and keeping your arms straight, kick both legs up to your bottom.
3. Repeat as many times as you like.



### STATION 3 JUMP OVERS

1. If you are little, stand at the lower end of the beam. If you are just a little taller, stand closer to the middle of the beam.
2. Facing the beam, hold the beam with your hands.
3. Bring your belly in and then jump over the beam to the other side with your knees and feet up as high as you can get them.
4. Jump back over as quickly as you can
5. Repeat as many times as you like.



Information and images supplied courtesy of Famfit NT  
The City of Palmerston recommends all children should be supervised when undertaking activities on the Exer-Stes

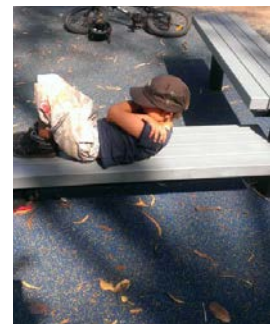
### STATION 4 SEAT JUMP UPS

1. Stand in front of seat, nice and tall with belly in.
2. Jump up on seat with both feet and stand up tall.
3. Jump down, landing with knees a little bent.
4. Repeat as many times as you like.



### STATION 5 CRUNCHES

1. Lie on your back on bench.
2. Feet down (hip distance apart), knees up, belly in, shoulders down.
3. Cross arms over, tuck your chin just a little.
4. Breathe in and the while breathing out - bring your elbows to your thighs.
5. Breathe in and return down to bench to start again.
6. Repeat as many times as you like.



### STATION 6 PUSH UPS

1. Bring your hands wide on the bar (elbows in line with wrists).
2. Bring belly in, shoulders back, legs straight.
3. While breathing in, bring chest towards the bar.
4. Then while breathing out, push up until arms are fully straight.
5. Repeat as many times as you like.



### STRETCHES

Try 1 or 2 stretches to see how good your body feels after you have done your exercises.

Remember to stand tall and keep your belly in while stretching.

