

STATION 1

CROSS JUMP

1. Stand facing the way you want to jump.
2. Be as tall as you can and bring your belly in so you feel strong.
3. Jump over the bar and continue to jump all the way round the cross.
4. Repeat as many times as you like.



STATION 2

JUMP UPS

1. Stand in front of step, bring your belly in and stand up tall.
2. Jump up on to step with your knees up.
3. Stand tall on the step and then jump down with bent knees.
4. Repeat as many times as you like.



STATION 3

DIPS

1. Sit on seat, bring shoulders back and bring belly in.
2. Push up off seat using your arms until they are straight.
3. Slowly lower yourself back to seat.
4. Repeat as many times as you like.

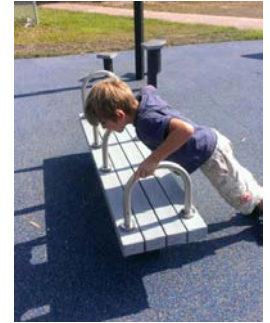


Information and images supplied courtesy of Famfit NT
The City of Palmerston recommends all children should be supervised when undertaking activities on the Exer-Stes

STATION 4

PUSH UPS

1. Hands gripping handles, arms out straight, belly in.
2. Bring your chest to the handles.
3. Push up until arms are straight.
4. Repeat as many times as you like.



STATION 5

KNEES UPS

1. Lie on back, hold on to handle with arms straight.
2. Bring belly in, shoulders back, legs straight.
3. Bring knees into chest and count to 5.
4. Slowly bring the legs back out to the bench.
5. Repeat as many times as you like.



STATION 6

PULL UPS

1. Lie on back, hold on to handle with arms straight.
2. Bring belly in, shoulders back, legs straight.
3. Bring knees into chest and count to 5.
4. Slowly bring the legs back out to the bench.
5. Repeat as many times as you like.



STATION 7

DEAD HANG

1. Jump up and hold on to the bar, or ask your parent / carer to lift you up.
2. Bring your belly in, shoulders back and legs straight.
3. Count to 10 and then drop down off bar (or get lifted to the ground).
4. Repeat as many times as you like.

