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Home Activities for  
Class 9-12

## Day 1: CARDIO

5 Exercises, 5 Reps, 5 Sets, 5 Days

Class 9 - 12

1. Basketball Jumps and shoot
2. Jumping jacks-5 times
3. Skaters (slide/leap side to side swinging opposite leg behind you)-5 each side
4. Jump rope (without rope)-5 times
5. Butt kicks (jogging in place while kicking heel back)-5 each side

***Repeat Sets for 5 times- rest 30-60 seconds between sets***

## Day 2: ARMS

5 Exercises, 5 Reps, 5 Sets, 5 Days

Class 9 - 12

1. Push-ups (on toes or knees)- 5 times
2. Arm circles (hold arms out to side and make large, slow circle)-5 times
3. Triceps raises (sit on floor, knees bent, feet on floor, hands on floor, fingers facing body, to begin, lift hips and gently bend elbows, lower your body and return-5 times
4. Boxer (tense biceps, and throw right, then left punch)-5 time
5. Inchworm (bend over, walk hands down to push ups, walk feet back up)-5 times

***Repeat Sets for 5 times- rest 30-60 seconds between sets***

## Day 3: LEGS

5 Exercises, 5 Reps, 5 Sets, 5 Days

Class 9 - 12

1. Calf raises (lift heels slowly as high as you can, then back down)- 5 times
2. Squats (make sure knees do not go past your toes)-5 times
3. Lunges (make sure your knees do not past your toes)-5 each side
4. Wall Sit (back against wall, drop low, knees behind toes, hold 5 seconds)-5 times
5. Straight Leg Lifts (Lift leg with opposite bending knee as high as you can)-5 each side

***Repeat Sets for 5 times- rest 30-60 seconds between sets***

## Day 4: FULL BODY

5 Exercises, 5 Reps, 5 Sets, 5 Days

Class 9 - 12

1. Mountain climber (on hands and feet, pump legs)-5 each side
2. Burpees (bend down, shoot legs out to push up, pull legs in, stand up)-5 times
3. Plank (push up position on toes with forearms on floor)- hold 5 seconds
4. Walking plank (push-ups position on toes, shuffle body 3 steps to side)- 5 times
5. Stand jacks (feet together, body up, feet apart, touch floor)- 5 each side

***Repeat Sets for 5 times- rest 30-60 seconds between sets***

## Day 5: ABS

5 Exercises, 5 Reps, 5 Sets, 5 Days

Class 9 - 12

1. Standing knee lifts (lift knee as high as possible)-5 each side
2. Crunches (keep neck straight)-5 times
3. Bicycles (on back, hands at head, knees to chest, pump legs)-5 each side
4. Russian twist (sit knees bent, lift feet little up, twist upper body)- 5 each side
5. Side leg lifts (lift leg to side as high as possible)-5 each side

***Repeat Sets for 5 times- rest 30-60 seconds between sets***



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