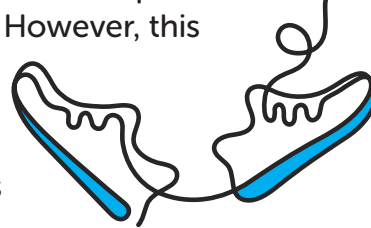


Joe Wicks: Active 8-Minute Workout 2

View the linked video content [here](#) to see Joe demonstrate the workouts.

Please check that the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.

These cards have been created to illustrate the exercises demonstrated by Joe in the workout video. Each exercise is performed for 35 seconds, with a 25-second rest in-between. However, this can be changed to suit your class. The cards can be used with or without the video to support children who need help performing each movement; to create workouts of different lengths or to complete their exercises outdoors.



Official Education Partner

Joe Wicks: Active 8-Minute Workout 2

Running and Punching

1. Run on the spot with forward punches.
2. Punch the opposite arm with the opposite leg running.

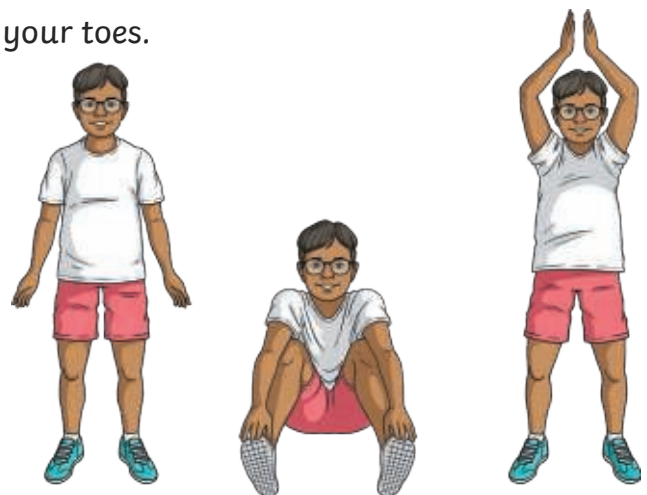
How quickly can you go? Try sprinting for the final 10 seconds.



Joe Wicks: Active 8-Minute Workout 2

Sit down, Touch Toes, Stand up, Clap

1. Sit down.
2. Put your legs out in front of you and touch your toes.
3. Stand up.
4. Clap your hands above your head.
5. Repeat.



Joe Wicks: Active 8-Minute Workout 2

Star Jumps

Make sure you have enough room for this exercise!

1. Stand straight with your arms by your side and feet shoulder-width apart.
2. Jump upwards, bringing your arms and legs out to make a star shape as you land.
3. Jump upwards again to bring your feet and arms back to the starting position.

How many star jumps can you do in 35 seconds?

Try turbo star jumps!



Joe Wicks: Active 8-Minute Workout 2

Basketball Throws

1. Shoot an imaginary basketball at an imaginary basketball hoop.
2. Shuffle along a few steps and shoot another hoop!
3. So, it's shoot – shuffle – shoot – shuffle back – shoot and so on.

This is a great exercise for the leg muscles.



Joe Wicks: Active 8-Minute Workout 2

Mummy Kicks

1. Put your arms out in front of you and cross your hands over each other.
2. As you do this, begin kicking your feet out in front of you as well.
3. Continue crossing your hands, one above the other, alternating the hand on top, as you kick your feet.

This is a great one for your coordination!



Joe Wicks: Active 8-Minute Workout 2

Squat, Squat, Lunge, Lunge

1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down twice.
3. Lunge back with one leg, return to standing and then lunge back with the other leg.
4. Repeat.

Try to stay balanced throughout the exercise.



Joe Wicks: Active 8-Minute Workout 2

Mountain Climbers

1. Start on the floor in a press-up position.
2. Bring each knee up to your chest one at a time.

You will feel this in your arms and upper body!

Stop and shake it off for a few seconds if it gets too hard! You've got this!



Joe Wicks: Active 8-Minute Workout 2

Sprinting on the Spot

1. Sprint on the spot as fast as you can.
2. Pump with your arms at the same time.

Can you alternate between low, fast sprinting and high-knee sprinting?

