

# Taroona Daily Fitness

A daily fitness program for schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><i>Jogging on Spot</i></b>	<b><i>Aerobic Movement</i></b>	<b><i>Walking</i></b>	<b><i>Jogging on Spot</i></b>	<b><i>Aerobic Movement</i></b>
<ul style="list-style-type: none"> <li>- normal</li> <li>- touch knees with hands</li> <li>- lift heels</li> <li>- heels up and touch with hands</li> <li>- star jumps</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Jogging</b> on spot</li> <li>- <b>Toe touching</b> –touch Toes with opposite hand</li> <li>- <b>Heel touches</b> – lift heels behind and touch with opposite hand</li> <li>- <b>Side touches</b> (extend Leg out to side)</li> <li>- <b>Knee touches</b> – R hand to L knee: R elbow to L knee.</li> </ul>	<ul style="list-style-type: none"> <li>- on spot</li> <li>- squares</li> <li>- 4 steps forwards / 4 steps backwards</li> <li>- side to side</li> <li>- grapevine</li> </ul> <p><b>Arms</b></p> <ul style="list-style-type: none"> <li>- swinging</li> <li>- bicep curls</li> <li>- bicep and triceps</li> <li>- elbows together in front of body</li> </ul>	<ul style="list-style-type: none"> <li>- normal</li> <li>- touch knees with hands</li> <li>- lift heels</li> <li>- heels up and touch with hands</li> <li>- star jumps</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Jogging</b> on spot</li> <li>- <b>Toe touching</b> –touch Toes with opposite hand</li> <li>- <b>Heel touches</b> – lift heels behind and touch with opposite hand</li> <li>- <b>Side touches</b> (extend Leg out to side)</li> <li>- <b>Knee touches</b> – R hand to L knee: R elbow to L knee.</li> </ul>
<b>Followed by stretches</b>	<b>Followed by stretches</b>	<b>Followed by stretches</b>	<b>Followed by stretches</b>	<b>Followed by Stretches</b>