cara

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10 minute
Home Exercise Circuit

Dance - Circuit 1

Play your favourite song and dance it out to the beat!
Perform each exercise for 30 seconds. Repeat 4 times.
Add dumbells for extra resistance.
All exercises can be completed seated or standing.
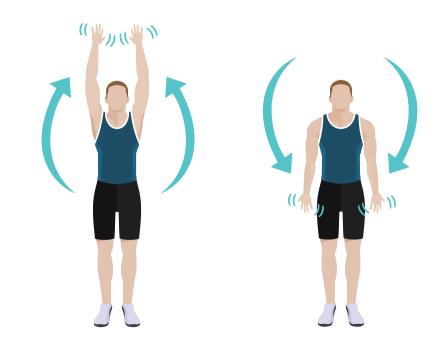
1

30 secs

Jazz Hands

Start with your feet hip-width apart and reach both your hands up straight above your head shaking your hands to create jazz hands! Start to bring your hands down either side of your body, keeping your arms stretched out. Repeat this movement so your arms are making big circles.
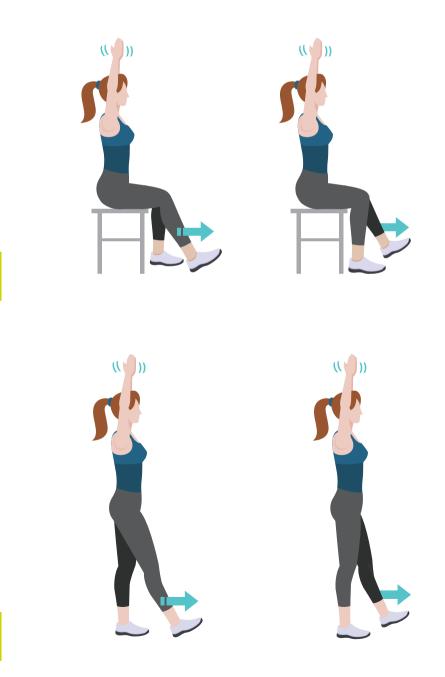
Seated

Standing

2

30 secs

Heel Taps

Start marching on the spot. Extend your right foot out in front of your body and tap your heel on the floor and bring it back together with your left. Clap your hands above your head each time you tap your heels! Repeat with your left foot and keep alternating feet.
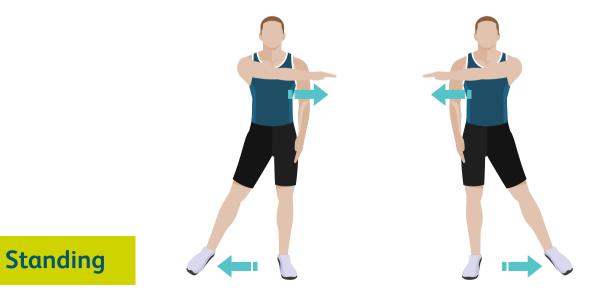
Seated

Standing

3

Side Reach

Start with your feet hip-width apart and knees slightly bent. Extend your right arm across the front of your body. At the same time extend your right leg out to the right and tap your toe on the ground and return to the starting position. Repeat this movement with your left arm and leg and continue alternating sides.
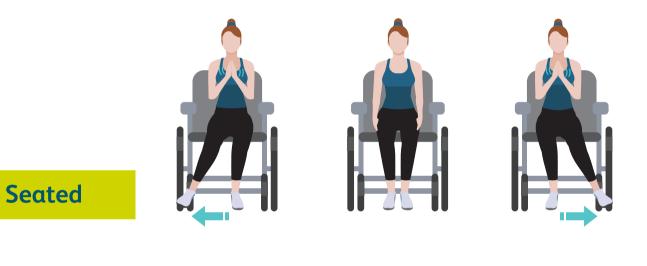
30 secs

Seated

Standing

Side Step and Clap

30 secs

Start with both feet together, take a side step to your right with your right leg and then bring your left leg beside your right leg and clap your hands together (Add a jump when you clap to make it harder!). Repeat this movement stepping to your left and jump your feet together and clap. Repeat this movement from side to side.

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Seated

Standing

5

Arm Shakes

30 secs

Start marching on the spot. Fully extend your arms above your head and begin to shake your arms. Bend your elbows and bring your hands down beside your ears. Bring your hands back in beside your ears and now drop your hands down by your sides and bend your knees so your hands are almost touching the floor. Stand back up and repeat this movement. Keep marching on the spot!

Seated

Standing