

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!



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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!



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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.



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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?

