

Joe Wicks: Active 8-Minute Workout 1

Squats

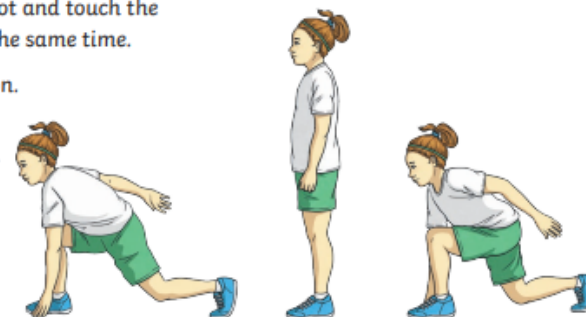
1. Start with your feet a bit wider than shoulder-width apart.
2. Squat down as if you're sitting on a chair.
3. Stand up tall again.
4. Keep a straight back.



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Backward Lunges

1. Start with your feet together.
2. Step backwards with one foot and touch the ground with your hand at the same time.
3. Return to a standing position.
4. Repeat with the other foot stepping back and the other hand touching the ground.



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Running on the Spot

1. Run as fast as you can on the spot.
2. Remember to pump your arms as you are running.
3. Try facing different compass directions, such as north, south, east and west.



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Climb the Rope

1. Imagine a rope is hanging down from the ceiling.
2. Reach up with one hand and pull the rope down towards your tummy.
3. Reach up with your other hand and pull it down towards your tummy.
4. Run on the spot and climb the rope at the same time.

