

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.



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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?

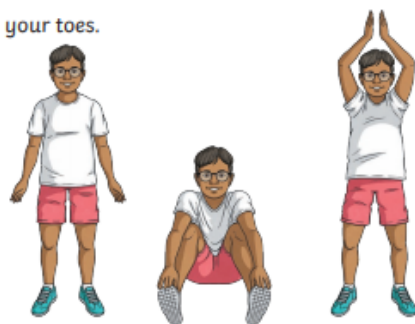
Try turbo star jumps!



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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.



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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.

