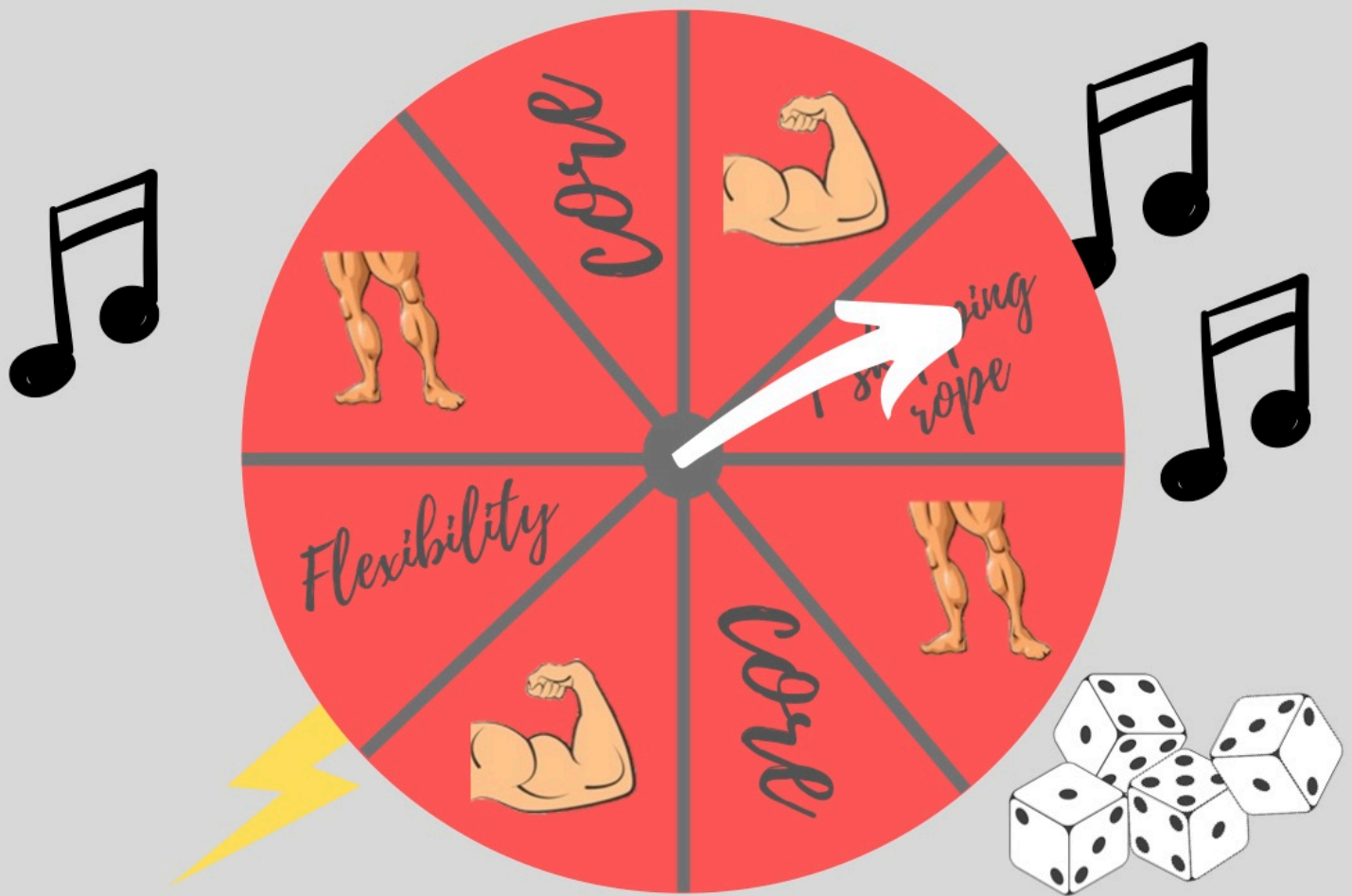


# Let the luck

## DECIDE YOUR WORKOUT



- 1 Create your spinning wheel
- 2 Fun conditioning - How it works?
- 3 Exercises

# 1

## CREATE YOUR

# spinning wheel

### You will need:

- Adult supervision
- 1 plastic plate
- 1 paper plate or card
- Paper clips (4)
- Cello tape
- Ruler
- Scissors
- Marker
- Lighter (and the adult to use it)



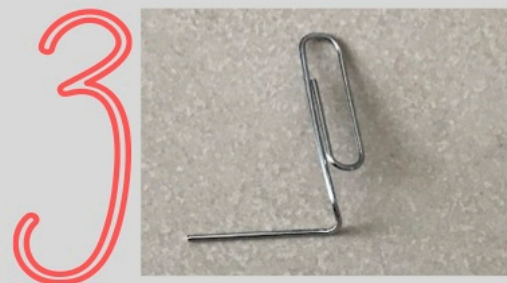
### How to create it:



Cut off the arrow from the paper plate or card.



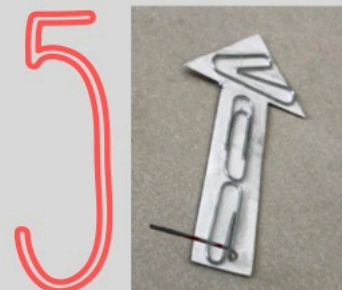
Draw the lines behind the plate.



Unfold the paper clip as shows the picture above.



Make a hole at the center of the plate. Ask for the adult's help!



Attach the clips behind the arrow as shows.



Write the muscle groups: Upper body (UB), Lower body (LB), Core, Flexibility, 1 skipping rope (or other) and put the arrow in place.



# 2

## FUN CONDITIONING

*how it works*

You will need:



The wheel



Dices



Music



Positive energy!

### Music conditioning

Work on the same muscular group (with different exercises) for the length of a song.



1. How many songs: Throw 2 dices once.



2. What muscular groups to work on each song: Spin the wheel as many times as the dices said\*.



3. How many repetitions each exercise: Throw 3 dices once.



4. Music on! During the song work on the same muscular group but different exercises.

\*If the spinning wheel repeats the same muscular group more than 3 times in a row, spin it again.

1. V-ups (legs straight or straddle or tucked or combo)
2. Side V-ups (legs bend or straight)
3. Rocks (hallow, arch or side)
4. Plank hold (on hands or elbows)
5. Plank hold, leg to passé to open passé
6. Plank hold leg lifts (on arms or elbows)
7. Plank saws on elbows
8. Side plank (hip bounces or leg lifts)
9. Side plank knee to elbow
10. Facing up plank leg kicks
11. Elbow plank hips side to side (rainbows)
12. Windshield wipers
13. Straddle sit leg lift (one or two legs at a time)
14. Pike sit leg lift (one or two legs at a time)
15. Sit up to straddle up (w/ or w/out elevated legs)
16. Sit up to pike up (w/ or w/out elevated legs)
17. Hallow scissors (big, small, crossed)
18. Hips lift (w/ march leg or kick)
19. Slider: plank to pike up or plank to tuck
20. Long plank hold (w/leg lifts, or arm lifts)
21. Inch worms: walk hands out – walk feet to hands (FWD & BWD)
22. Arch hold (w/ shoulder lift, or leg lift, or opposite arm-leg lift)
23. Hallow hold (w/ shoulder lift, or leg lift, or opposite arm-leg lift)
24. Legs pointing ceiling, toe touches (legs together or straddle)
25. Heel touches
26. Bicycle (legs straight or bend)
27. Russian twists or torture twists
28. Plank to plank facing up transitions
29. Plank feet bounces (on plank or plank facing up)
30. Reverse crunches

# LIST OF EXERCISES *core*



1. Push ups (normal or on knees, arms close to body, normal or apart)

2. Inclined push ups (hands on a chair, sofa or fit-ball)

3. Picked push ups

4. Explosive push ups (w/ clap, throwing arms SWD or FWD)

5. Tricep dips from a chair

6. Tricep dips from face up plank

7. Press handstands (standing or from straddle)

8. Jumps to tucked handstands

9. Handstand holding (w/ or w/out wall)

10. Handstand walks (FWD, BWD, SWD)

11. Handstand holding one arm

12. Handstand shoulder taps

13. 90° handstand shoulders squeezes

14. Bicep curls with elastic or weight

15. Slider: plank walks (FWD, BWD, SWD)

16. Slider: face up walks (FWB, BWD)

17. Under table pull ups

18. Plank hold shoulders squeezes

19. Plank hold, shoulders back and forward

20. Straddle hold to push up position (feet off the floor if possible)

21. Plank drags to handstand (legs straddle or together)

22. 90° handstand (or handstand) push ups

23. Plank hands/elbows

24. Belly on the floor, shoulder squeezes (T, V and I shapes)

25. Plank hold arm elevations (FWD, BWD, SWD)

26. Long plank (from knees or feet) elbow push ups

27. Bear crawl (FWD, BWD, SWD)

28. Small arm circles with weight

29. Mountain climbers

30. Arm lateral pushes on plank position

# LIST OF EXERCISES *upper body*

1. Wall sit – both or one leg
2. Candle stick - jump (1 or 2 feet)
3. Squat jumps
4. Jumping jacks (or JJ w/ squat or JJ w/ squat to cross feet)
5. Off the block (chair) jump to stick (straight, straddle, split, ½ turn...)
6. With a line on the floor: Jumps side to side, back and forth (1 and 2 feet).
7. Duck walk (FWD, BWD, SWD)
8. Push the block (or towel...)
9. Jumps 1 foot
10. Tuck jumps one foot
11. Box jumps
12. Tuck jumps
13. Skipping rope (1 or 2 feet...)
14. Relevés (1 & 2 feet, from floor or step)
15. Squat to kick leg + hold (front kick, side and back)
16. Front, side and back "tendú".
17. Lunges (front, back, back crossed, side).
18. One leg hip lifts (w/ or w/out jump)
19. Lunge jumps
20. Step-up jumps
21. Kneeling lean-back
22. Kangaroos
23. Runner touches: from tall running pos on one leg, lean fwd to airplane.
24. Crab walks (FWD & BWD)
25. One leg squat (w/ or w/out jump)
26. Run in place
27. High knees in place (or A-skips)
28. Single leg split squats (w/ or w/out jumps, w/ or w/out back leg elevated).
29. On crawl position on knees: donkey kicks (Leg straight, bend, BWD and SWD)
30. Burpees (w/ or w/out push up)

# LIST OF EXERCISES

## lower body