

**Game/Activity: Mini Cardio Core Workout**

**Grade Level: Middle Secondary**

**Description:**

**30-40 Min Cardio Core Workout**

Alternate skipping (30sec-1 min) for cardio, and core exercises (15-20 reps of each)  
Optional Cardio: High Knees, Butt Kickers, Skaters, power lunges, squats, jumping jacks, plank jacks, burpees, side lunges, fast feet...

**Core Exercises Include:**

- Sit-up tap** Lift legs parallel with floor, perform sit-up, legs tap floor, repeat
- Sumo pushups** Pushup position, down and up into side plank, repeat and alt sides
- Leg Lift** On back, lift legs up in air and down, can keep arms up overhead or down beside you.
- Side Plank/Hip Lift Left side** stack the feet, or one in front of the other
- Side Plank/Hip Lift Right side**
- Prone heel lift** On stomach, feet up, point toes out to side & push legs up to ceiling
- Leg and Hip Lift** On back, feet up, push legs toward the ceiling
- Mountain Climbers** Forearm plank with toe touches.
- Bicycle Crunches** In crunch position, alternate elbow to opposite knee
- Russian Twists/Med ball twist** Pelvic tilt, twist core side to side touching the floor with hands or med ball as you twist on either side of your body.
- Alternating get ups** On back arms out to your sides, opposite arm to toe touches
- Heel Touches** On back, knees up, alternate trying to touch right and left heels
- Flutter Kicks** On back, pelvic tilt, legs out extended in front, moving legs up and down in a circular motion.
- Bridge Kicks/Pelvic Thrusts** On back, feet flat on ground, alternating right and left leg kicks.
- Inchworms/Caterpillars** Start in a standing position, lower to the ground and use hands to crawl out as far as you can while maintaining a straight back, come back to start position.
- Supermans** Lying flat on stomach with arms out in front of you, lift arms and legs away from the ground. (Modification: Alternating supermans: lift opposite leg and arm up and down and repeat on the other side)
- Plank/ Plank Pushups** \*In forearm plank position come up to pushup position, and back down again to plank position. Alternate which arm come up first.

**Contributor:** *Colleen Folka, GW Graham Secondary*