

Aerobics with Arita using band for strength



New Directions: Health and Wellbeing and Personal and Social Development.



Name:



Date:

What you will need:

- Chair
- Resistance band
- Water

1. Warm up

- March on the spot
- Stop and move your wrists in small circles
- Move elbows in circles
- Move shoulders in big circles
- Move your hips in circles
- Put knees together and put your hands on your knees. Move in circles
- Do some jumping jacks – put your arms above your head and move your legs side to side



2. Workout

- Stretch your arms to both sides with the resistance band and come in to your chest
You can do this sitting, standing or both!
- Sit down on the chair
Put the resistance band under your foot and hold on to the ends
Stretch your leg out and come back again
Try on both sides!
- Stand on the end of the resistance band
Pull the other end with your hand out to the side
Move your arm with the band to your front
Go back down
Do this on both sides!
- Put the band around your knees
Sit up and down



- Hold the band shoulder width apart
Put your arms up and when coming down, stretch out your arms
You can do this sitting or standing!



- Use the chair for balance
Put the band on the floor and step on it
Grab the band as far as your knee
Place other knee behind and go up and down
Do this both sides!



- Place the band behind you
Hold both ends
Straighten arms out and bring back in



Hold onto the chair
Kick leg back behind you
Do this on your other leg

- Put the band under our feet
Hold onto both ends
Pull and relax.
Tie the band around your knees
Bend down Move side to side



Cool down with exercises that we used to warm up



Write in each time you do Aerobics	
Day	How I feel after my Aerobics class