

Corona-Kids & Teens Program



Tip 18 - Strength Exercises

Ein Tipp in Englisch für unsere mehrsprachige Rocky Monkeys Gruppe. Aber keine Sorge, die Bilder zeigen die Übungen sehr gut! 😊

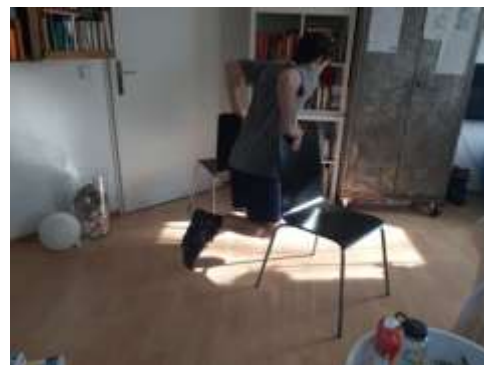
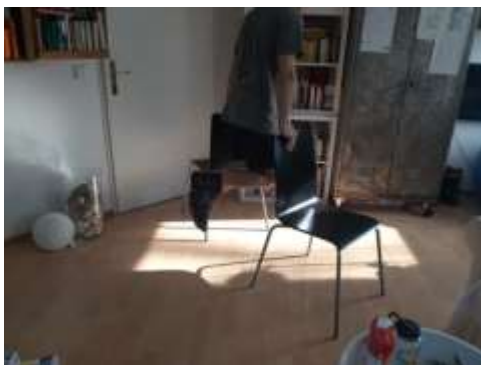
Recommendation: repeat every exercise 10-12 times and do the whole cycle (all four exercises) 3-5 times but with a 3 minute rest between each cycle.
3,2,1.....goooo! 😊

Dips

easy



hard

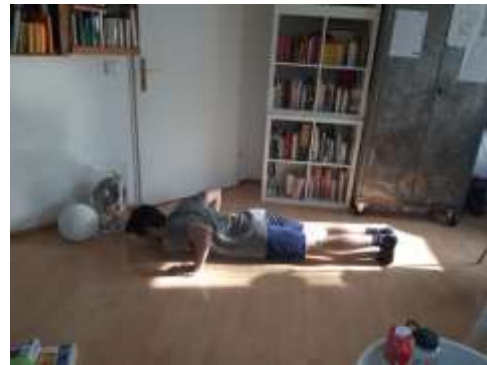


Push ups

easy

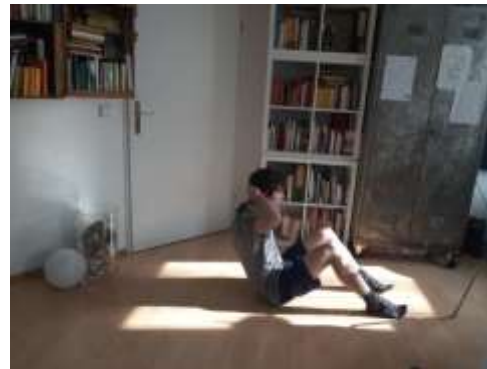
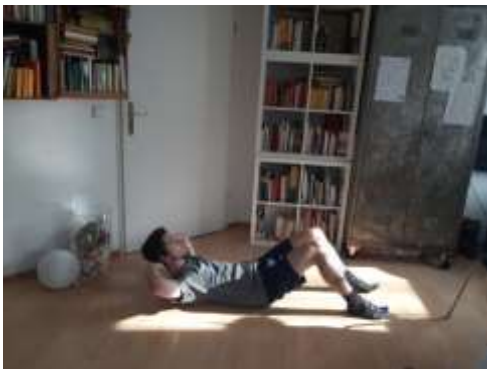


hard



Situps (easy variant: take your bed edges, radiator or something heavy to have something you can press against)

hard



Pull ups (if you use a door, concentrate on you fingers to avoid swinging of the door and clamping your fingers)

easy



hard



Tipp von Marco Helferer