

Biscuit Tin Fitness Routine

Dig out that empty biscuit tin or sweet jarit's time to get moving

Print of the sheet of paper. Follow the cut lines to cut out the squares. When all the squares are cut out fold in half and pop them in your empty tin/jar. Pull out the square one at a time and complete the exercise for 30 seconds. When you have no square left why not pop them back in the tin and repeat the process.



Marching	Royal waves	Alternate arm raises	Boxing Arms	Shoulder shrugs
Breast stroke arms	Marching	Alternate toe taps	Marching & shoulder taps	Marching
Marching	Marching & boxing arms	Marching Arms	Wrist Circles	Calf raises
Canoe Arms	Marching	Alternate heel digs	Shoulder shrugs	From the Fitness & friendship Team