



Feel good

Fitness guides

Stage

5

60 mins



Skills builder



Aim of activity

Lycra leggings and sweatbands at the ready! Home exercise videos are big business. Create the next big home workout routine.

What you'll get out of it

- Find out about different exercises.
- Practise making an exercise routine.
- Work as a team.

What you'll need

- A large, clear space
- A music player
- A few songs
- Props (optional)
- A video camera (optional)



WE DISCOVER, WE GROW

Girlguiding



Feel good

Note to leader

Make sure you have the relevant photo permissions before filming girls.

It can seem hard to exercise at home with no equipment, which can make it even harder to get motivated. But there's a lot you can do with no equipment – fitness videos are a great way to work out at home.

What to do

1 Get into small groups. With your group, you're going to create a home workout. Like in the videos, your whole group will have to be choreographed to do the workout at the same time.

Try it this way

Why not come in fancy dress or with props? This could be leg warmers, bright clothes or a sports kit.

2 You have 20 minutes to come up with your workout and it should include:

- Two minute warm up, to gently raise your heart rate.
- One minute exercise for the legs. For example, squats and lunges.
- One minute exercise for the arms. For example, press-ups and plank taps.
- One minute exercise for the core. For example, abdominal holds and crunches.
- Two minute cardio exercise. For example, star jumps and burpees.
- Two minute warm down, to get rid of any lactic acid (this is what can make your muscles sore and achy).

Top tip

If you wanted to complete this workout at home, you should repeat each part three or four times.

3 Remember, you need to give instructions to the viewers. These need to be clear to make sure everyone's doing it right. Giving these instructions should be shared out among your group.

4 Pick a song to go with your workout. Will it be fast and loud or jumpy and cheery?

5 When everyone's ready, it's time to do your workouts! Take turns to show your group's routine. Everyone else, watch and follow along as best you can.

Try it this way

If there are lots of groups, split them into two and run two workouts at the same time.

6 When the last group has finished, come back together – decide which bits from each group would make the best routine.

Take it further

Combine the workout routines from each group into one longer routine. Practise it all together. Then film it like an actual workout video!