



Body letters

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Do the series T-A-X-I, forming the letters with your body and changing the letter by jumping. Repeat the word 5 times.



Rope jumping

.....

Jump with an imaginary jumping rope: 5 forward, 5 backward and 5 crossovers in front.



Sea wrestling

.....

With a pair, face each other sideways so that your right leg is towards the pair. Take each other by the hand as if you are shaking hands and try to shake the other person's balance. Wrestle 3 rounds!



Squat with a pair

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Find a pair and do 3 squats back to back with your pair.



Mountain climbing

.....

Lean towards a table or a wall in the "plank pose" with your arms straight. Pull your knees alternately towards the opposite elbow. Repeat 10 times.



Just ski

.....

Do 10 skiing jumps, in other words, jump in place by switching your legs forward and backward. Create the rhythm of the movement with your arms as if you were skiing.



Over the pencil

.....

Find a space for yourself and place a pencil on the floor. Jump or step over the pencil 10 times.



Telemark

.....

Take a ski jumping position, jump in the air and make a great landing. Repeat 5 times.



One each

.....

Do 1 X jump,
1 squat,
1 boxing movement
and 1 stretch of your choice.



Squat march

.....

Walk in a half-squat position
6 steps forward and 6 steps backward.
Repeat twice.



Your life as Rocky

.....

Imagine a punchbag in front of you and do shadow boxing for half a minute. The teacher will measure the time!



Sit and squeeze

.....

Sit and grab the edges of the chair. Lean back slightly and lift both feet up in the air 8 times.