**Fitness Friday – Silly Style!**

You have done the cardio circuit before but now you will be do it silly style. You need four silly exercises.

1. **Duck walk –** you already know this one.
2. **Superman punches –**

<https://www.youtube.com/watch?v=ktdcK33L4t0&feature=youtu.be>

1. **Smurfjacks** <https://www.youtube.com/watch?v=Id-OPsxUCsE>
2. **Make up your own silly exercise – give it a name.**

Find a space where you can do the exercises safely.

Warm up: start by doing high knees on the spot and then bottom kicks on the spot. Stretch out your arms and legs.

You are going to use a pattern of exercising for 20 seconds and then resting for 10 seconds during this workout. You can use this Tabata timer to time your workout. The workout will take 8 minutes and 20 seconds. The timer tells you when to start and when to take your rest. The name of the exercise that you should be doing is listed in the bottom of the timer.

<http://www.intervaltimer.com/timers/9172086-tabata-timer>

Stop, take a rest, get some water, feel your heart beating, notice your breath.

Stop, now it is time to cool down. Lie down on the floor on your back in the star position. Pay attention to your heart and your breathing. Are they getting back to normal?

Great work!