

Sarahaley FALL FUN EXERCISE

Perform each exercise 8 times in a row all on one side. When you have completed all 4 exercises, rest for 30-60 seconds, and repeat the sequence on the left. Run the entire circuit of 4 exercises on the right and left 3 more times.



Clasp your hands together as if you are holding a rake (pic 1). Step out to the right with your right leg and into a side lunge, so the left leg stays straight (pic 2). Slowly rake the leaves (and you) back to the center pile. Moving counter-clockwise step to the angle into a corner lunge, so that the back leg bends (pic 3) and come back together again. Finally, lunge straight to the front (pic 4) with your back leg bent and your arms reaching forward.



Arms are at your chest ready to catch a Football. Picking your feet up as high as you can, run to your right - right, left, right, so you land with the left knee up (pic 1). Run to the left - left, right, left (pic 2). Run to the back - right, left, right & swing your arms and torso back to catch the ball (pic 3). Run to the front - left, right, left and throw the ball (pic 4). This is a great core and cardiovascular speed & agility exercise. And yes, it will require you to think!



Open up your hips and keep your chest lifted as you squat down to pick up a pumpkin. Instead of picking it back up, stay low and walk forward in your squat right, left, right, left, as you roll your pumpkin across the pumpkin patch (Pumpkin Roll pic). Reach up to the right as you pick an apple, lifting your left leg up and out on the diagonal. As you reach up, push off your supporting leg and hop into the air (Apple Hop pic), squeezing your butt and abs. Land back down in your squat. Repeat the Apple Hop 3 more times. On your last one repeat your Pumpkin Roll but walk backwards this time - right, left, right, left. Repeat your Apple Hop again on the right 4 times.



Step back with your left foot into a deep runner's lunge. Take your hands to the ground on either side of your front leg as if you were catching yourself hiking up a slippery hill (pic 1). Take your hands to the slippery ground in front of your right leg (pic 2). Walk your right leg straight back and then your left to meet in plank (pic 3). Walk your right leg forward into a lunge (pic 4) & stand up bringing the feet together (pic 5). Begin slowly and gradually pick up speed. This is a great total body exercise working legs, core, and shoulders. As you pick up speed you will also feel a cardiovascular challenge.

