

I'm a celeb get me out of
here fitness camp

I'M A CELEBRITY
Get Me Out Of Here!



Rules

After each exercise make a note of how many stars you achieved so you can add them up at the end and let your teacher know how you got on. After each exercise you can have a 30 second break

For every 20 seconds you do an activity you will earn yourself a star to take back to your fitness camp. If you stop make note of your stars and wait until the next exercise. Can you beat your teacher?

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



Warm up-5 minutes

- Do some of your own static stretches, make sure you are warming up various body parts and not just your arms.
- As well as static stretches can you include some dynamic stretching, this is when you stretch your muscles whilst moving such as lunge walk whilst twisting your upper body.

The exercises

Exercises	Amount of stars achieved
LEECH LUNGES	
SNAKEY SQUATS	
SCREAMING SIT UPS	
PERILOUS PRESS UPS	
OUTBACK MOUNTAIN CLIMBERS	
ROTTEN RUSSIAN TWISTS	
BUSHTUCKER BURPEES	
WALLABY WALL SITS	
TRICEP DIPS OF DOOM	
JOEY JOG ON THE SPOT	
LIZARD LEG RAISES	
HELLISH HIGH KNEES	
KANGAROO KICKS	
CROCODILE CRUNCHES	
PLANK OF PERSERVERENCE	

LEECH LUNGES

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

- Stand shoulder width apart
- Step forward with one leg
- Bend your back leg 90 degrees
- Keep your back straight
- Keep your shoulders back
- Keep your head facing forwards

SNAKEY SQUATS

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

- Stand shoulder width apart
- Push your hips back
- Start to lower yourself as though you are sitting on a chair
- Keep your head facing forward and stay upright
- Drive through your heels and stand back up and repeat

SCREAMING SIT UPS

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

- Lie flat on your back with your knees bent at 90 degrees and feet flat on the floor
- Place your hands by your head like the video shows
- Engage your core and lift your upper body towards your knees and return to the starting position.

PERILOUS PRESS UPS

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

- Keep your head facing forwards
- Keep a straight back
- Bend your elbows and lower chest towards the floor
- Push back up to the starting position

OUTBACK MOUNTAIN CLIMBERS



KEY POINTS:

- Begin in a press up position keeping a straight back at all times
- Drive your knee to your chest (one leg at a time)

★ = 20 seconds

★★ = 40 seconds

★★★ = 60 seconds

ROTTEN RUSSIAN TWISTS

★ = 20 seconds

★★ = 40 seconds

★★★ = 60 seconds



KEY POINTS:

- Sit down on the floor and bend your knees.
- Lean back slightly so your body is at a 45 degree angle
- Raise your legs slightly up from the floor
- Link your hands together in front first, then rotate your arms all the way over to one side and repeat to the other side

BUSHTUCKER BURPEES

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

- Squat down to the floor and kick your feet back
- Bring your chest to the floor
- Return to a squat position
- Jump vertically up and repeat

WALLABY WALL SITS

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

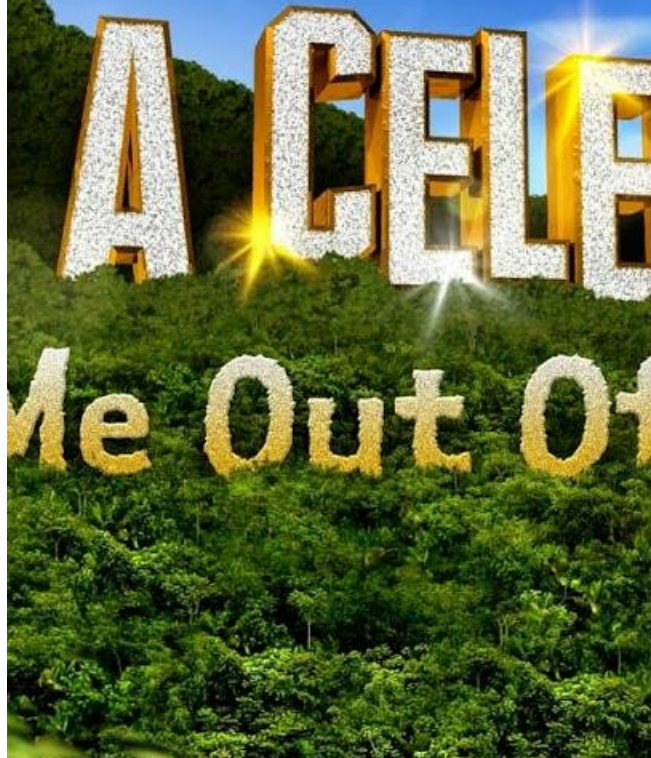
- Stand against a wall, place your feet a shoulders width apart
- Keep your back straight against the wall
- Lower yourself down so your knees are at a 90 degree angle

TRICEP DIPS OF DOOM

★ = 20 seconds

★★ = 40 seconds

★★★ = 60 seconds



KEY POINTS:

- Place your hands on a chair with your fingers facing forwards
- Straighten your legs so only your heels are touching the floor
- Bend elbows and your lower body to the floor
- Push back up so elbows are straight

JOEY JOG ON THE SPOT

★ = 20 seconds

★★ = 40 seconds

★★★ = 60 seconds



KEY POINTS:

- Engage your arms as you jog on the spot
- Make sure swing your opposite arm to leg. Eg if you are bringing your right foot up swing your left arm.

LIZARD LEG RAISES

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



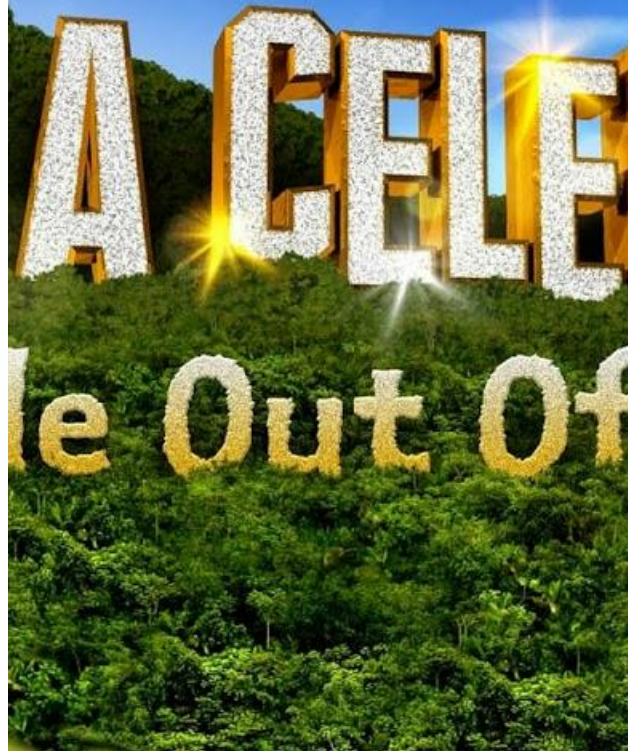
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fitness.net

KEY POINTS:

- Lie on your back, keep your legs straight and together.
- Keeping your legs straight lift them all the way up towards you until your back starts to lift up.
- Slowly lower your legs in a controlled way.

HELLISH HIGH KNEES

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

- Stand shoulder width apart
- Lift one of your knees towards your chest then switch to the next knee.
- Continue this movement and alternating your knees.

KANGEROO KICKS

★ = 20 seconds

★★ = 40 seconds

★★★ = 60 seconds



KEY POINTS:

- Stand shoulder width apart
- Kick one of your legs forwards and up towards your opposite hand
- Repeat for the other leg
- Push through your heel

CROCODILE CRUNCHES

★ = 20 seconds
★★ = 40 seconds
★★★ = 60 seconds



KEY POINTS:

- Get yourself in the position you did for a sit up
- Instead of going all the way up only raise yourself half way and go back down and repeat

PLANK OF PERSERVERENCE

★ = 20 seconds

★★ = 40 seconds

★★★ = 60 seconds



KEY POINTS:

- Lay on your front and place your forearms and palms flat on the floor
- Lift your chest, stomach and legs off the floor and maintain your balance on your forearms and toes
- Keep a straight, flat back

Dingo Dollar Challenge

★ = 1 Question right
★★ = 2 Question right
★★★ = 3 Question right



Questions?

1. How can we move with the ball in Basketball?
2. In Tennis, if we hit the ball before it bounces, what is this called?
3. When striking a ball, in which direction do we transfer our body weight?