



*Nutritional Solutions*  
REGISTERED DIETITIANS

**SPELL OUT YOUR FAVOURITE FRUIT AND VEG  
EACH DAY AND**

# **GET MOVING ON LOCKDOWN!**

**A: 1 MIN PLANK**

**B: 50 SIT UPS**

**C: 20 PUSH UPS**

**D: 20 SIDE LUNGES**

**E: 15 SQUATS**

**F: 20 FORWARD LUNGES**

**G: 2 MIN SKIPPING**

**H: 20 LEG RAISES**

**I: 50 JUMPING JACKS**

**J: 15 BURPEES**

**K: 20 TRICEP DIPS**

**L: 50 CRUNCHES**

**M: 25 CALF RAISES**

**N: 25 BICYCLE CRUNCHES**

**O: 20 AB TWISTS**

**P: 1 MIN SIDE PLANK**

**Q: 20 ARM CIRCLES**

**R: 2 MIN SKIPPING**

**S: 10 SINGLE LEG SQUATS**

**T: 50 KNEES TO ELBOWS**

**U: 1 MIN RUNNING ON THE SPOT**

**V: 15 JUMP SQUATS**

**W: 20 BACKWARDS LUNGES**

**X: 20 WALL PUSH UPS**

**Y: 50 HIGH KNEES**

**Z: 1 MIN WALL SIT**