

0.5KM RAA WORKOUT 1



Try this workout song
'[Can't Stop the Feeling](#)'
[Justin Timberlake](#)



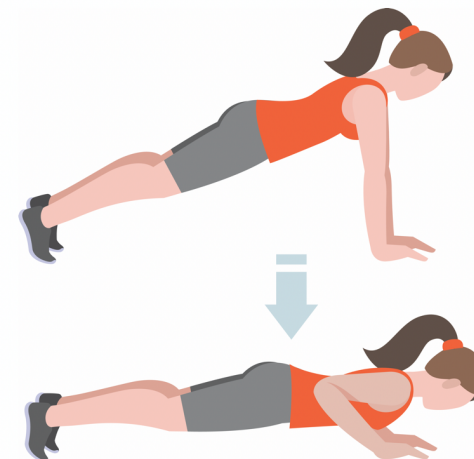
Click each image for
exercise technique
instruction

5 V SITS

1



5 PUSH UPS

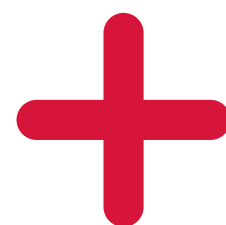


x2

30 SEC REST

6 SQUATS

2



10 JUMPING JACKS

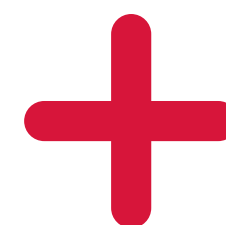
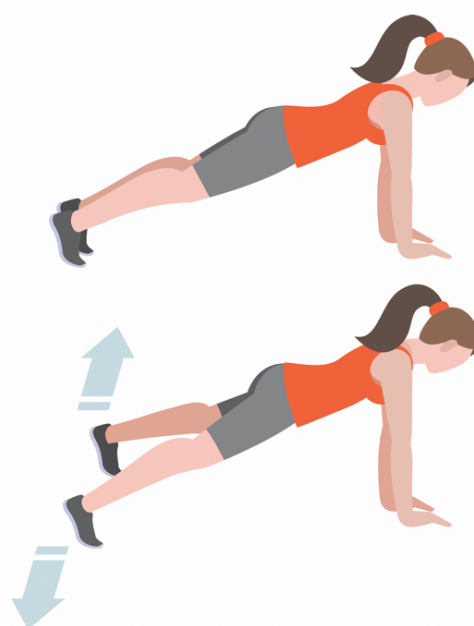


x2

30 SEC REST

5 PLANK JACKS

3



5 DEEP BREATHS



x2

0.5KM

RAA WORKOUT 2



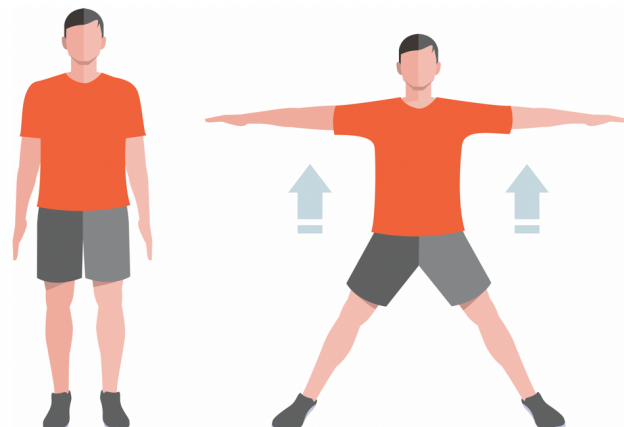
Try this workout song
'Don't Stop Me Now'
[Queen](#)



Click each image for
exercise technique
instruction

1

10 JUMPING JACKS



15 SEC SKIPPING

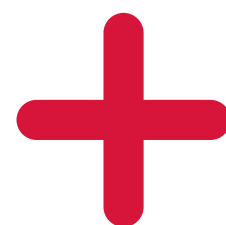


x2

30 SEC REST

2

7 MOUNTAIN
CLIMBERS



8 LATERAL JUMPS

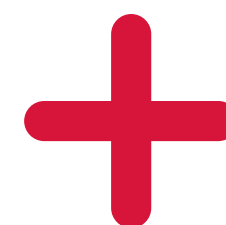
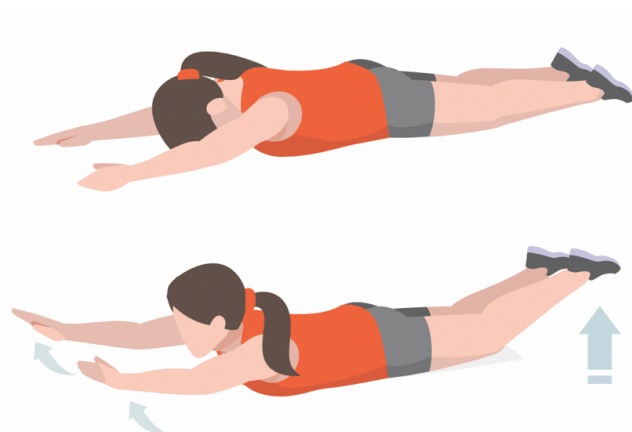


x2

30 SEC REST

3

10 SEC
SUPERMAN



5 DEEP
BREATHS



x2

0.5KM

RAA WORKOUT 3



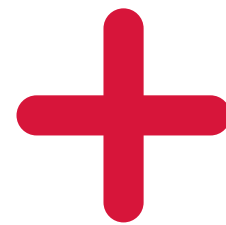
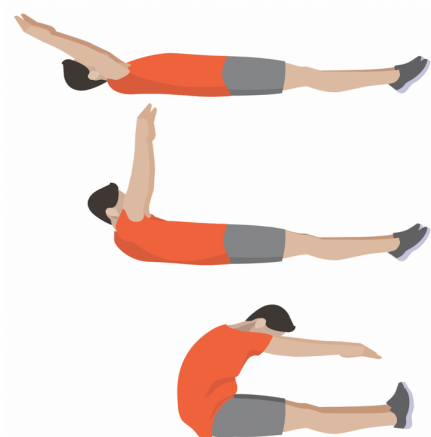
Try this workout song
'Take On Me'
A-Ha



Click each image for
exercise technique
instruction

1

5 PILATES ROLL UPS



15 SEC HIGH PLANK

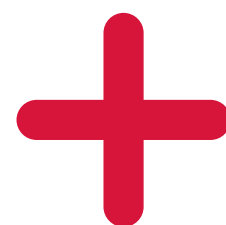


x2

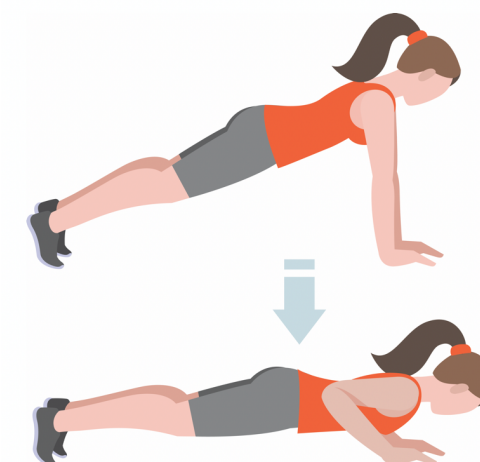
30 SEC REST

2

6 SQUATS



5 PUSH UPS

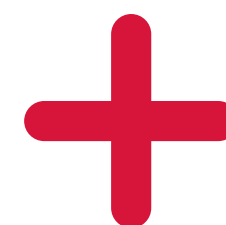


x2

30 SEC REST

3

30 SEC WARRIOR POSE



5 DEEP BREATHS



x2

0.5KM

RAA WORKOUT 4



Try this workout song
'September'
Earth, Wind & Fire



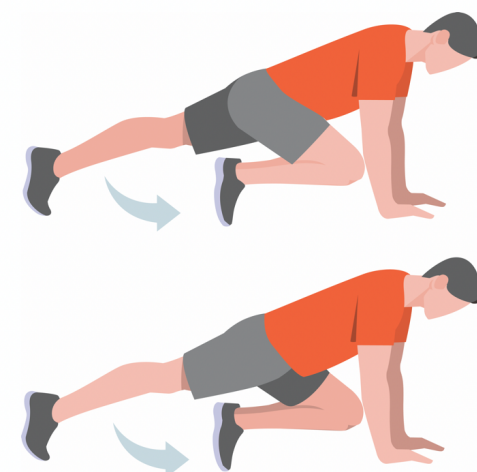
Click each image for
exercise technique
instruction

1

15 SEC SKIPPING



7 MOUNTAIN CLIMBERS

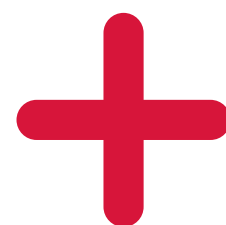


x2

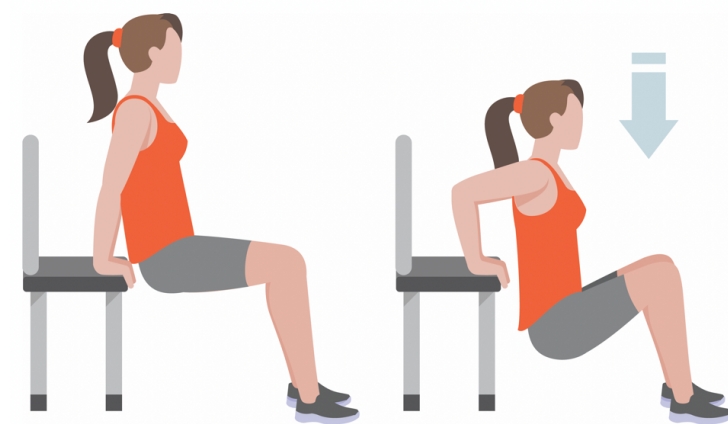
30 SEC REST

2

7 LUNGES



5 TRICEP DIPS

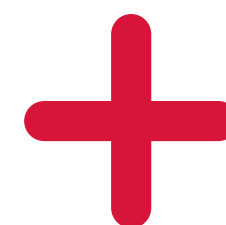


x2

30 SEC REST

3

8 LATERAL JUMPS



5 DEEP BREATHS



x2

0.5KM

RAA WORKOUT 5



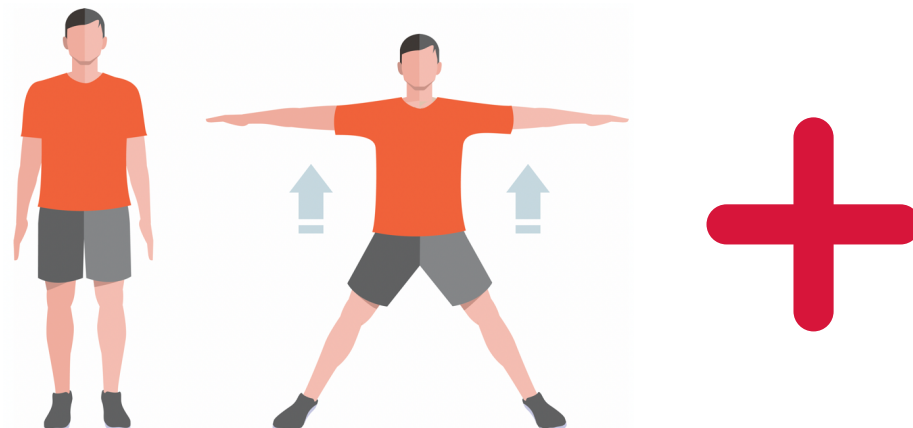
Try this workout song
'Cheerleader'
Omi



Click each image for
exercise technique
instruction

1

10 JUMPING JACKS



30 SEC WARRIOR
POSE



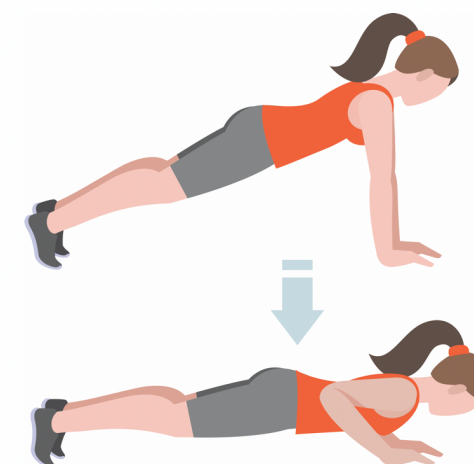
x2

30 SEC REST

5 V SITS



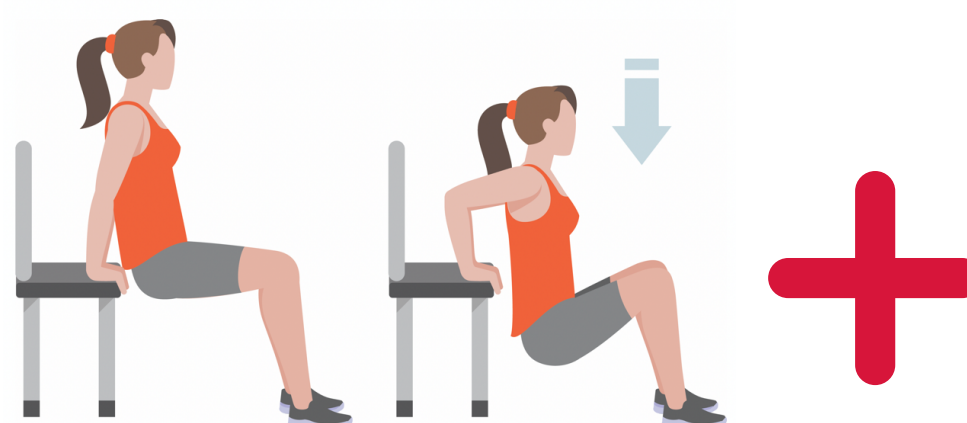
5 PUSH UPS



x2

30 SEC REST

5 TRICEP DIPS



5 DEEP
BREATHS



x2

1KM

RAA WORKOUT 6



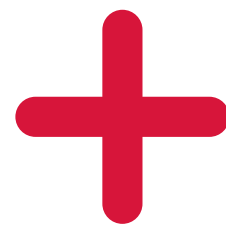
Try this workout song
'One More Time'
Daft Punk



Click each image for
exercise technique
instruction

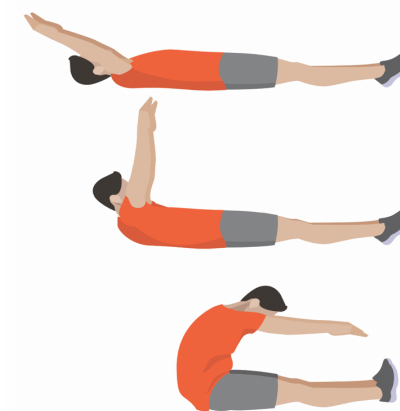
1

6 SQUATS



30 SEC REST

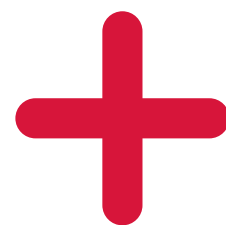
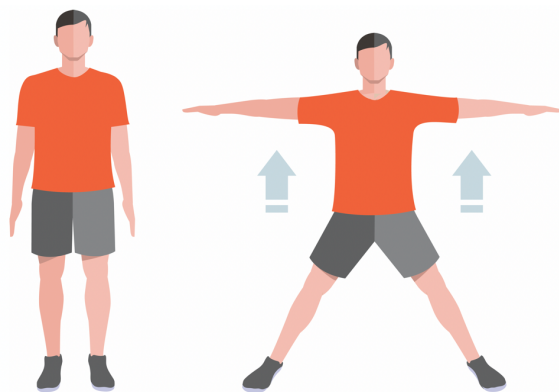
5 PILATES ROLL UPS



x2

2

10 JUMPING JACKS



30 SEC REST

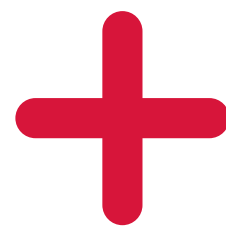
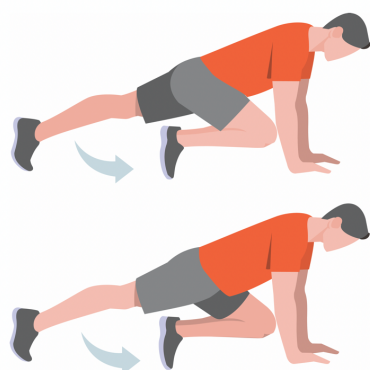
15 SEC SKIPPING



x2

3

7 MOUNTAIN CLIMBERS



30 SEC REST

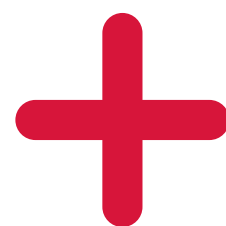
5 TRICEP DIPS



x2

4

15 SEC HIGH PLANK



30 SEC REST

7 LUNGES



x2

5

5 V SITS



15 SEC WARRIOR POSE



x2

1KM

RAA WORKOUT 7



Try this workout song
'Savage Love'
Jason Derulo



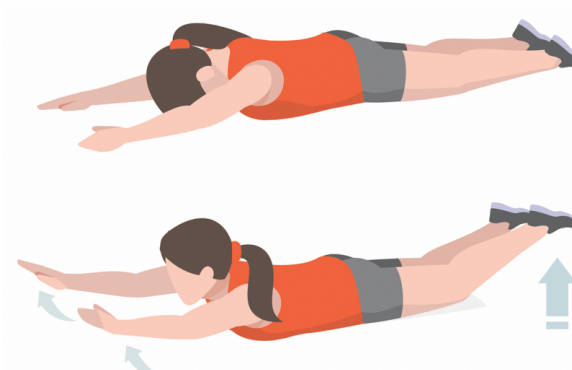
Click each image for
exercise technique
instruction

1

6 SQUATS



10 SEC SUPERMAN

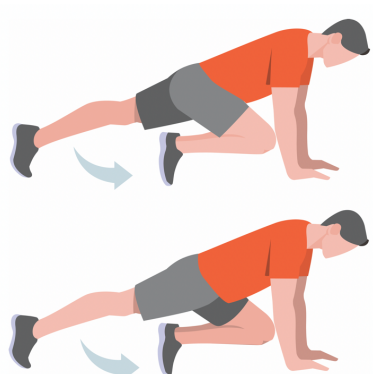


x2

30 SEC REST

2

7 MOUNTAIN CLIMBERS



15 HIGH KNEES



x2

30 SEC REST

3

5 TRICEP DIPS



5 V SITS

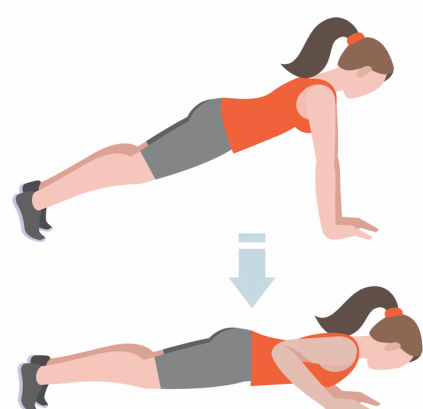


x2

30 SEC REST

4

5 PUSH UPS



7 LUNGES



x2

30 SEC REST

5

15 SEC HIGH PLANK



15 SEC WARRIOR POSE



x2

1KM RAA WORKOUT 8



Try this workout song
'Dance Monkey'
Tones & I



Click each image for
exercise technique
instruction

1

6 SQUATS



30 SEC REST

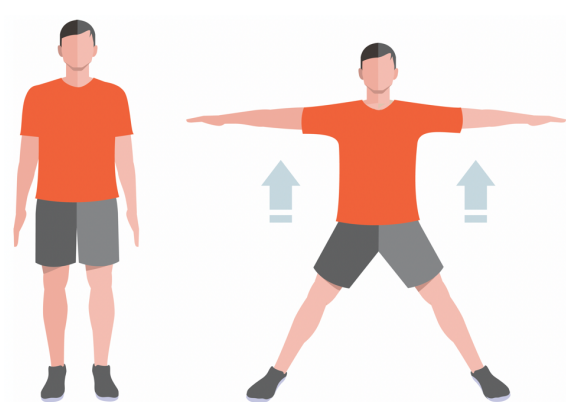
8 LATERAL JUMPS



x2

2

10 JUMPING JACKS



30 SEC REST

15 HIGH KNEES



x2

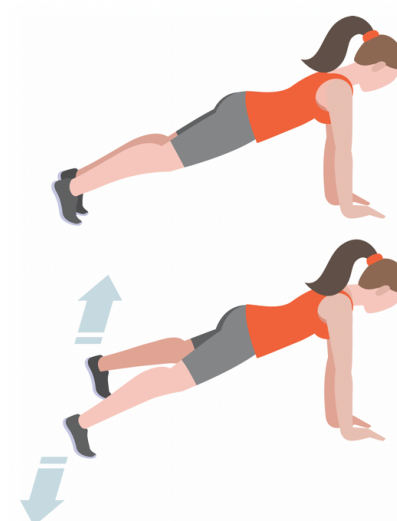
3

5 V SITS



30 SEC REST

5 PLANK JACKS



x2

4

5 TRICEP DIPS



30 SEC REST

7 LUNGES



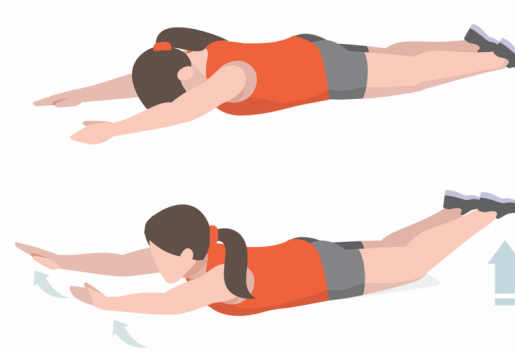
x2

5

15 SEC SKIPPING



10 SEC
SUPERMAN



x2

1KM

RAA WORKOUT 9



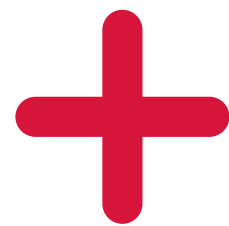
Try this workout song
'On Top of the World'
[Imagine Dragons](#)



Click each image for
exercise technique
instruction

1

8 LATERAL JUMPS



5 V SITS

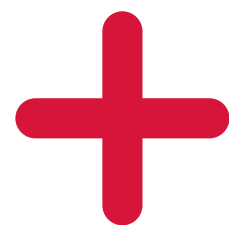


x2

30 SEC REST

2

15 HIGH KNEES



15 SEC HIGH PLANK



x2

30 SEC REST

3

6 SQUATS



5 TRICEP DIPS

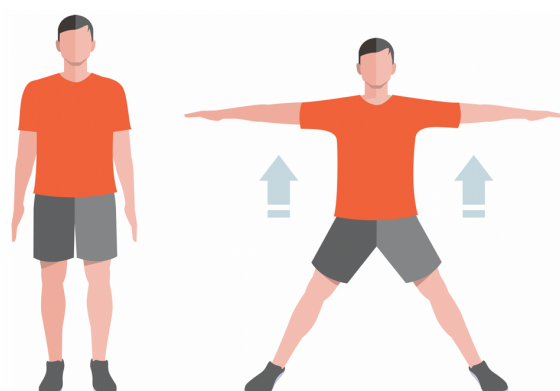


x2

30 SEC REST

4

10 JUMPING JACKS



8 LATERAL JUMPS

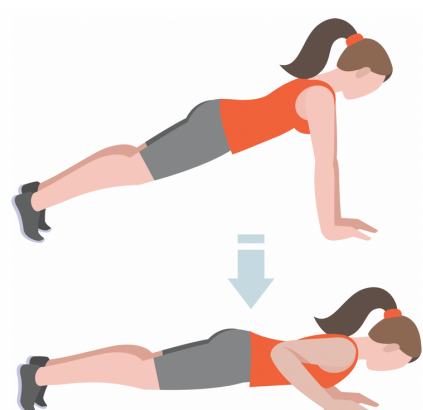


x2

30 SEC REST

5

5 PUSH UPS



7 LUNGES



x2

1KM

RAA WORKOUT 10



Try this workout song
'Higher Love'
Kygo, Whitney Houston



Click each image for
exercise technique
instruction

1

15 HIGH KNEES



5 TRICEP DIPS

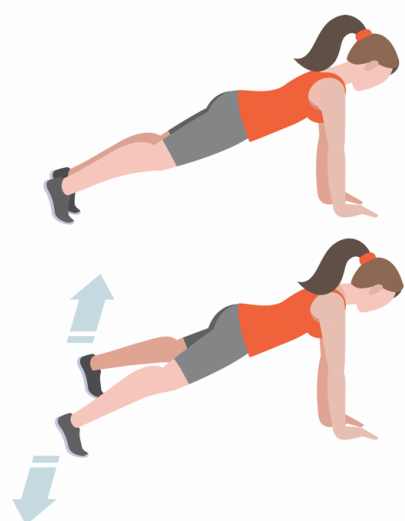


x2

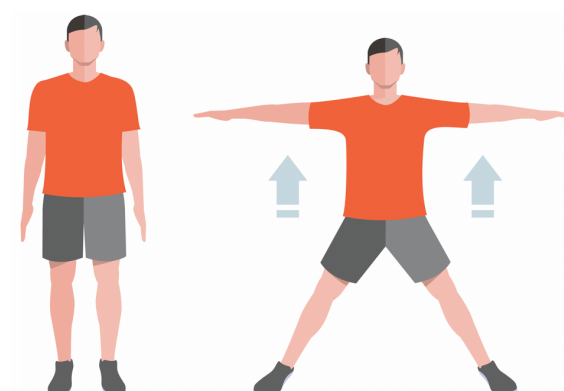
30 SEC REST

2

5 PLANK JACKS



10 JUMPING JACKS



x2

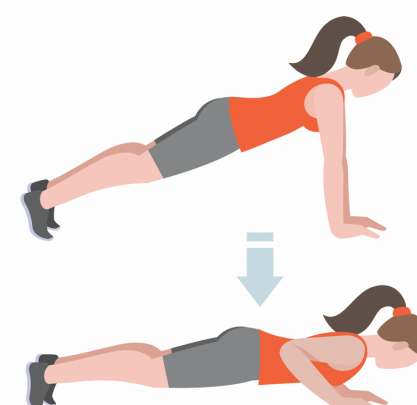
30 SEC REST

3

5 V SITS



5 PUSH UPS



x2

30 SEC REST

4

7 LUNGES



6 SQUATS

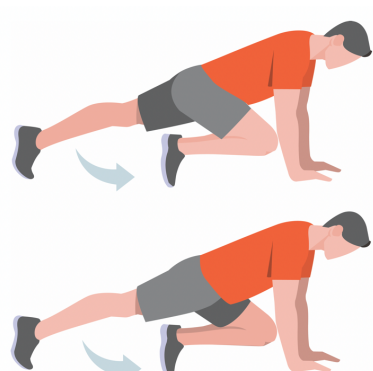


x2

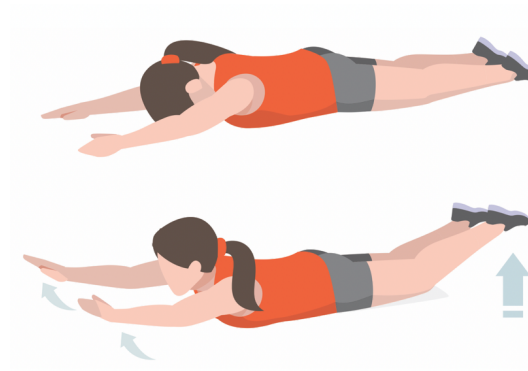
30 SEC REST

5

7 MOUNTAIN CLIMBERS



10 SEC SUPERMAN



x2

RACE AROUND AUSTRALIA

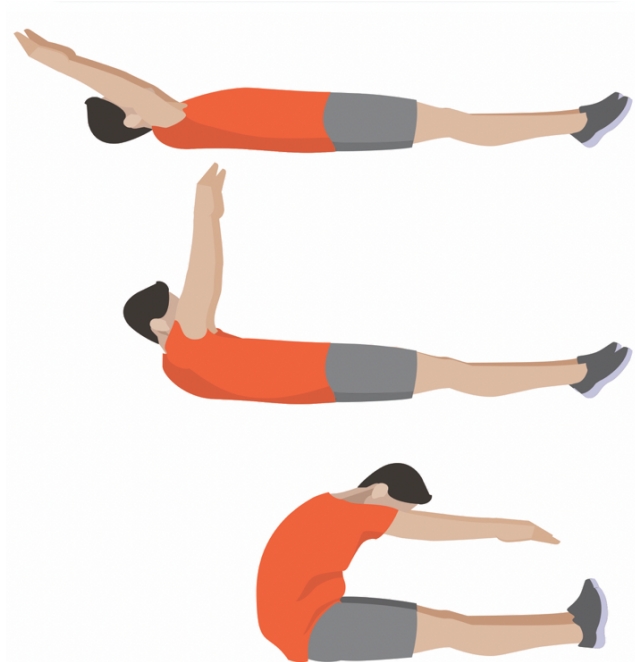
WHAT IS EQUAL TO

100M?



Click each image for
exercise technique
instruction

10X



Pilates roll up

10X



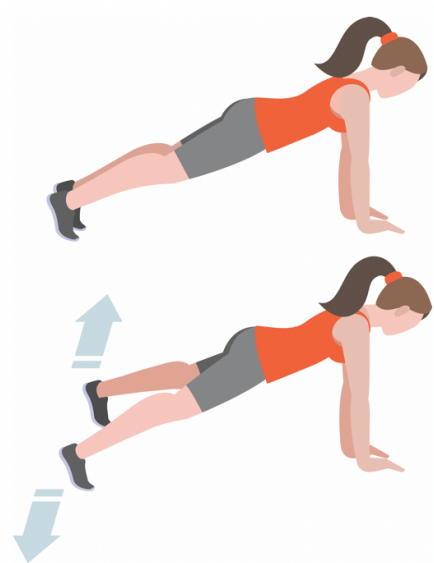
Tricep dip

12X

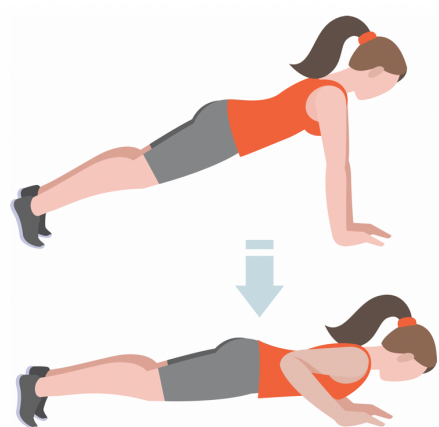


Squat

10X



Plank jack

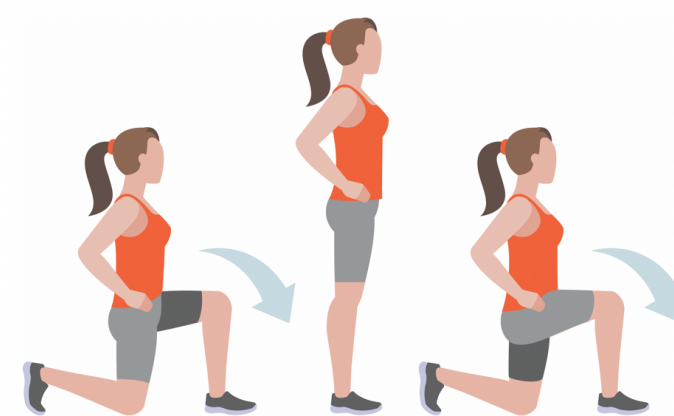


Push up

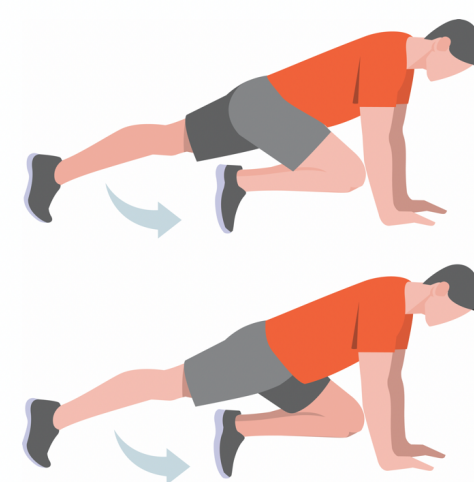


V sit

14X



Lunge



Mountain climber

SWITCH IT UP

GoNoodle

5 MINUTES OF GO NOODLE = 1KM!



Education

Race Around Australia is proudly brought to you by the [School Sport Unit](#).

RACE AROUND AUSTRALIA

WHAT IS EQUAL TO

100M?



Click each image for
exercise technique
instruction

16X



Lateral jump

30X



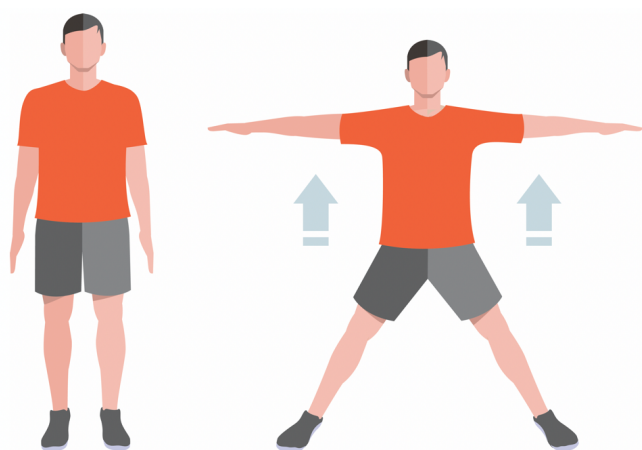
30 sec high knees

30X

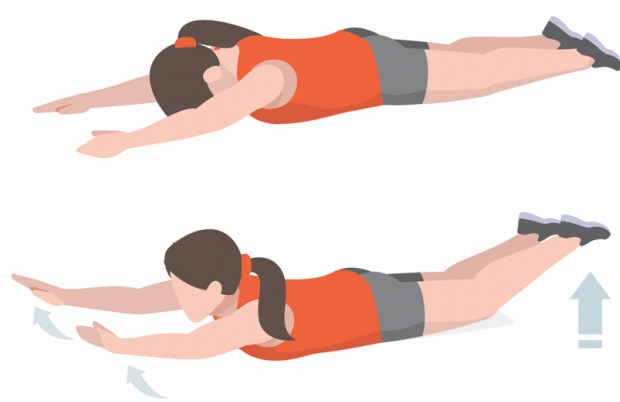


30 sec skipping

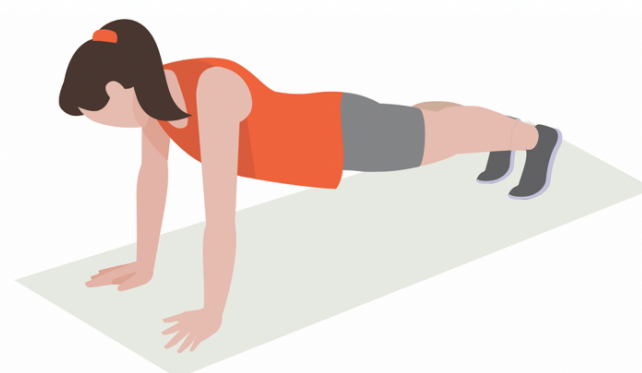
20X



Jumping jack



20 sec superman



30 sec high plank

30X



30 sec warrior
pose

SWITCH IT UP

JUST
DANCE

5 MINUTES OF JUST
DANCE = 1KM

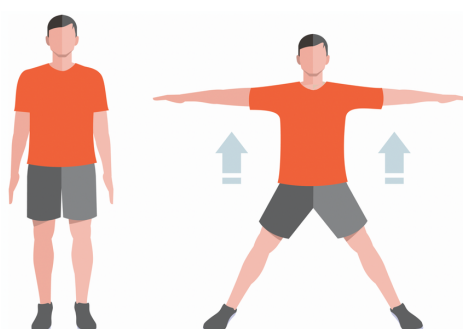
The RAA UNO workout



Click each image for exercise technique instruction



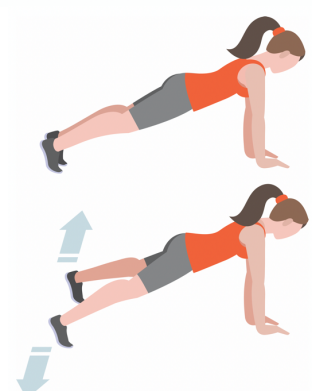
=



10 jumping jacks



=



5 plank jacks



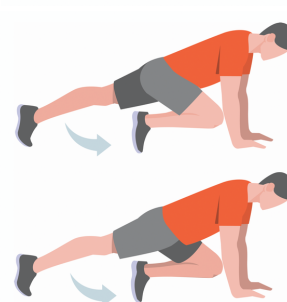
=



5 squats



=



8 mountain climbers



=



15 secs high knees



=



8 lateral jumps



=



7 lunges



=

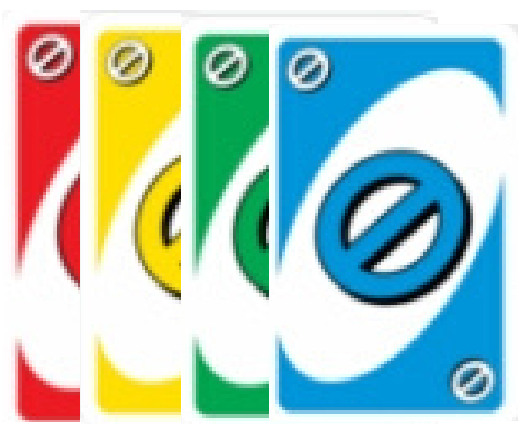


5 V sits

**Draw 2 cards at a time and complete the exercises.
Each completed card = 50m!**

The RAA UNO workout

Deck
1



=



15 sec skipping



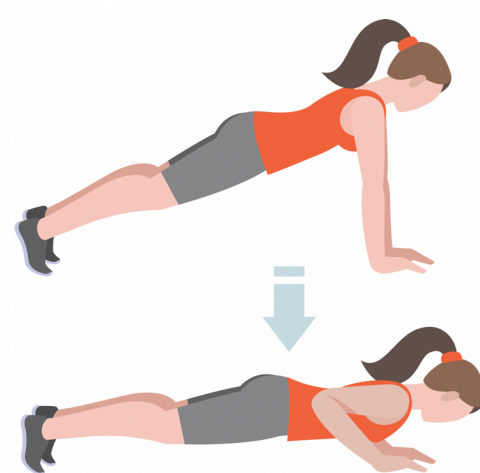
=



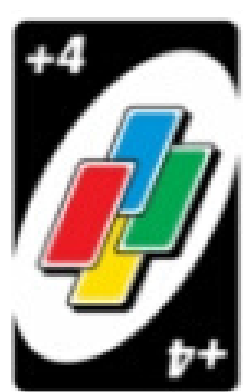
5 tricep dips



=



5 push ups



=



15 sec high plank



=



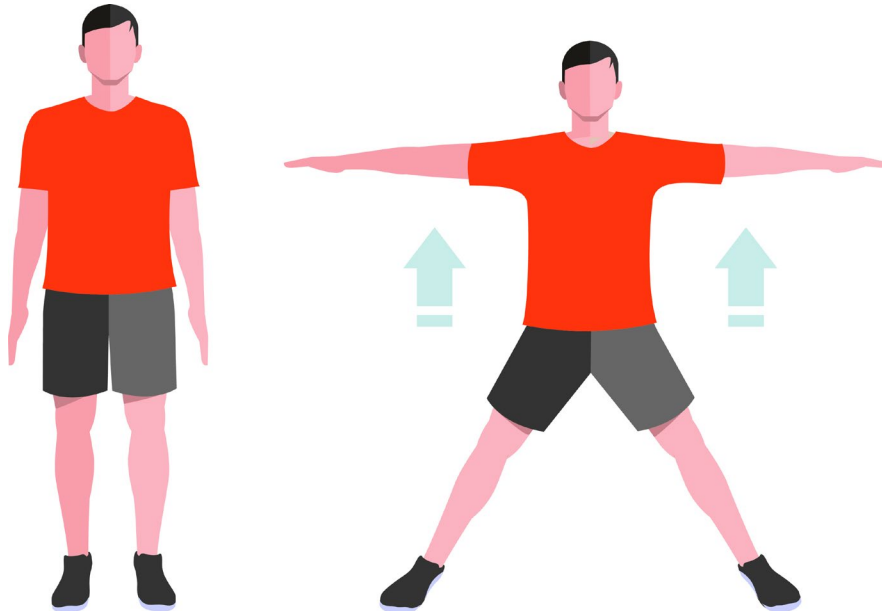
YOU CHOOSE!

Draw 2 cards at a time and complete the exercises.
Each completed card = 50m!

Aerobic fitness



Jumping Jack



Key components

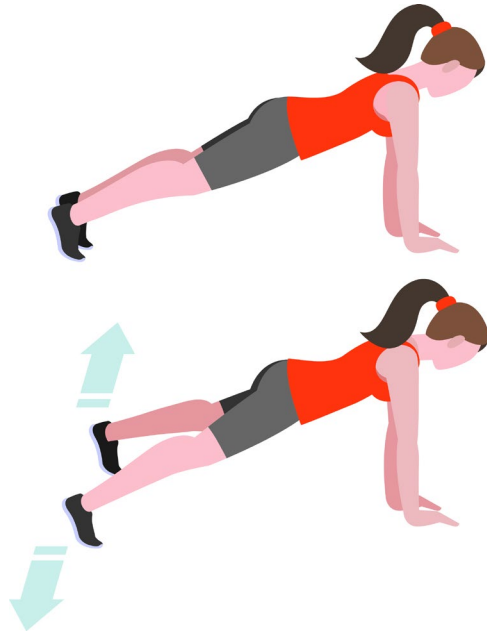
1. Start with feet **facing forward** next to each other, and arms **by the side** of body.
2. Move feet apart (i.e. sideways from body) and arms upward **simultaneously**, then bring arms back down to side when **jumping** feet back into start position.
3. Cushion landing by slightly **bending** knees on impact.

Make it harder: as you jump out, just as you would in a jumping jack, jump so both feet come off the ground as you raise your hands above your head. Land and repeat.

Aerobic fitness



Plank jack



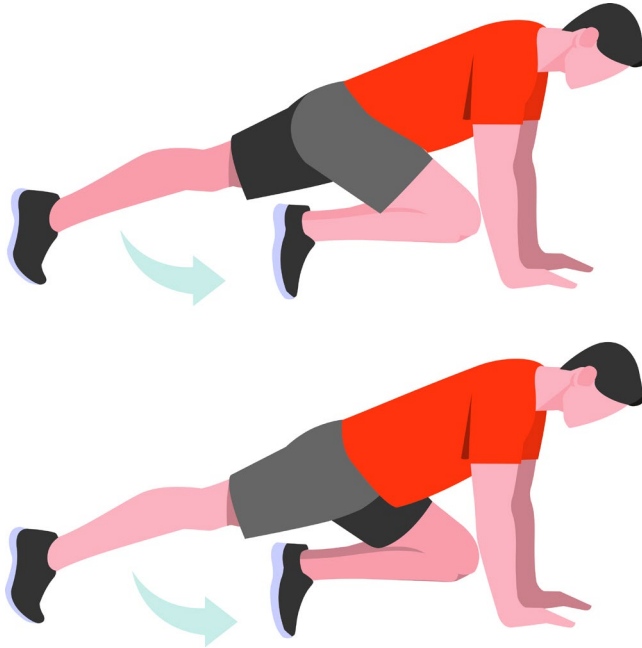
Key components

1. Begin in **plank** position, with your hands under your shoulders, body in a **straight line**, and feet together.
2. Like the motion of a jumping jack, **jump your legs wide** and then **back together**.
3. Raise or lower **hips** to maintain a **straight line** from **head to heels** throughout the entire movement.

Make it harder: Make sure you keep your belly button pulled in (core engaged) so you do not let your hips drop.

Aerobic fitness

Mountain climber



Key components

1. Start in **plank** position, with arms extended and hands **under shoulders**.
2. Lift **knee** up until it is near corresponding **elbow**.
3. Place foot back and **alternate** legs
4. Keep **straight line** through head, back and hips during entire movement.

Make it harder: Make sure you keep your belly button pulled in (core engaged) so you do not let your hips drop.

Aerobic fitness



High knee running



Key components

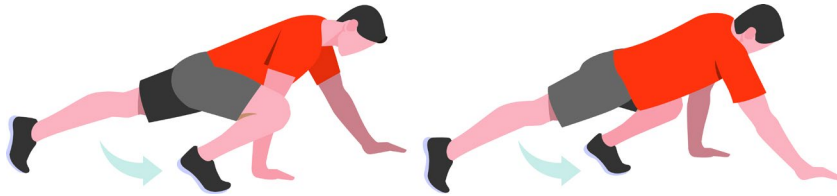
1. Lift your right knee and left arm **high** like you are running.
2. Lift your thigh at least to **parallel** with the ground.
3. Quickly **alternate** sides in a running action **on the spot**.
4. Keep your **head up** and look **straight ahead**.

Make it harder: Pump your arms and legs as quickly as you can. Try to be light on your toes by landing softly. Do not forget to spring off the ground to raise your knees higher.

Aerobic fitness



Bear crawl



Key components

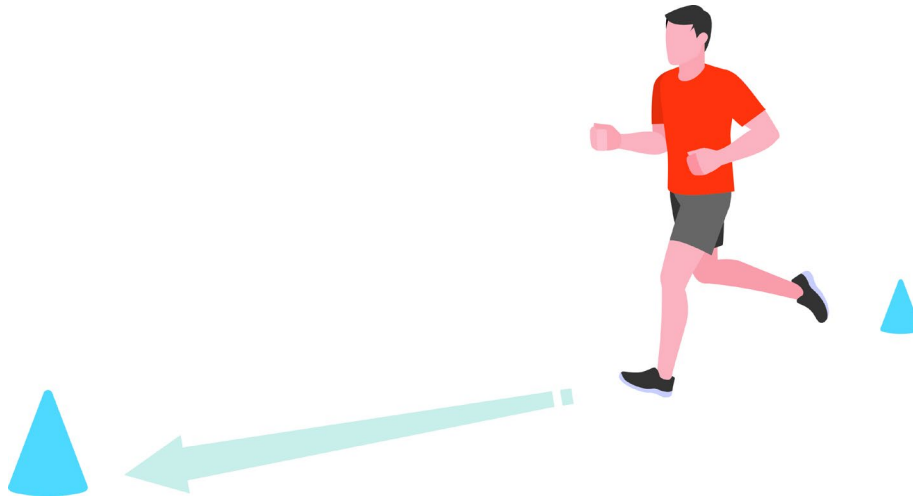
1. Lower body to '**bear position**' (on hands and toes), with hands placed under shoulders.
2. Coordinate movement between arms and legs, and move **right hand** and **left leg** forward simultaneously, then **left hand** and **right leg**.
3. Knees remain **off ground** during crawl.
4. Keep **hips low** so there is a **straight line** from head to heels.

Make it harder: Keep your core stable and try not to rock sideways as you move. Take longer strides and reach as far as you can with your hands.

Aerobic fitness



Shuttle runs



Key components

1. Set-up two points **5-10** metres apart or use existing line markings.
2. Run between **2 end points**, placing one foot behind the line before starting the next shuttle/run.
3. Speed up from the line, **using arms** to aid you, and **maintain speed** throughout run.

Make it harder: At each end point, complete 4 body weight exercises (squats, star jumps, lunges etc.) before running back.

Aerobic fitness



Basic jump



Key components

1. Jump on the balls of your feet.
2. Maintain a slight bend in your knees.
3. Only jump a few inches off the ground.
4. Keep an upright body position.

Make it easier: Start by doing two small bounces without the rope i.e. jump whilst practicing the timing for the hands and feet movement.

Make it harder: Try jumping off one foot instead of two and alternate the pattern i.e., add a kick with the other foot.

Aerobic fitness



Shape jumping



Key components

1. Mark out a shape on the group (you can use crayons, socks, rocks or your imagination).
2. While skipping rope, trace around the outside of the shape.

Make it harder: Complete double unders. Start by jumping higher than you normally do, then swing the rope twice **quickly** under you before you land.

Aerobic fitness



Crossovers



Key components

1. Start by skipping over the rope i.e., as normal.
2. Cross over your hands/wrists till they are wider than your whole body.
3. Jump over the rope.
4. Bring your hands back quickly to where they were to start i.e., usual sides and jump over the rope again.
5. Repeat.

Make it easier: Try running (or skipping) on the spot and perform a crossover where possible.

Muscular fitness



Squat



Key components

1. Feet are **shoulder width** apart and facing **forward**
2. Back is kept **straight and stable** as you sit your bottom back and down
3. Knees point in the **same direction** as feet and heels remain **on floor** during movement
4. Thighs are **parallel to the floor** at the bottom
5. Push through **your heels** as you extend your knees and hips to stand up

Make it easier: Widen the gap between your feet.

Make it harder: Lower into a squat, as you are standing up jump as high as you can. Land with soft knees and repeat.

Muscular fitness



Lunge



Key components

1. Take a **big** step forward.
2. Torso is kept **upright and stable** at all times (no twisting).
3. Knee of rear leg is **almost touching** the floor.
4. There is **alignment** between hip, knee and foot of each leg.
5. Return to starting position in **one movement**.

Make it easier: Take a shorter step or have your hand resting on a wall.

Make it harder: Push off the ground, switching the positions of your legs while airborne so you land and drop into another lunge.



Muscular fitness



Lateral jump



Key components

1. Jump side to side with feet **close together**.
2. Aim for **height** and **speed**.
3. Spring off the **toes** and **drive the arms** up to get more height.
4. Keep back **straight** and head **up**.

Make it easier: Jump over a line to start

Make it harder: Jump up and over the cone, the more you clear the cone harder it is.

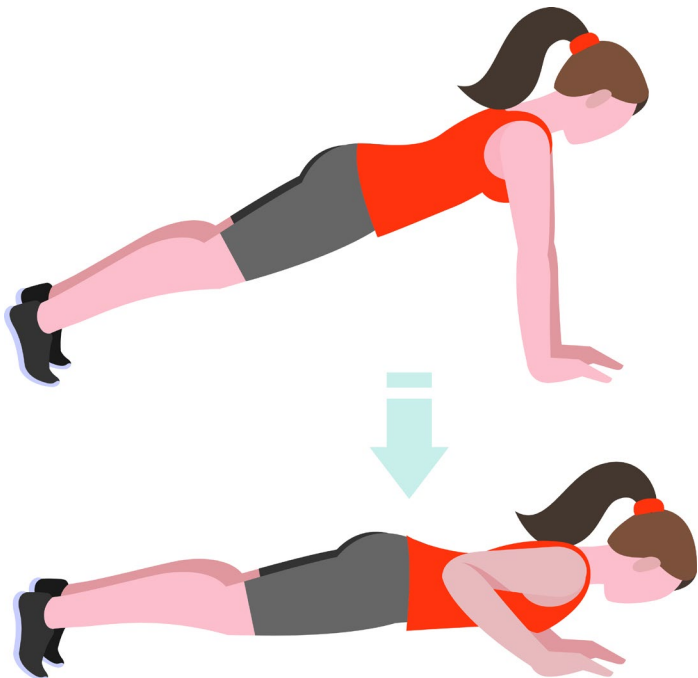
Muscular fitness



Push-up



Key components



1. Hands are **shoulder width** or slightly wider apart.
2. Head, back and hips are held in a **straight line** throughout the movement.
3. Body is lowered until elbows are at a **90 degree** angle.
4. Shoulders are held **down and away** from ears (i.e., shoulders are not shrugged).

Make it easier: Push-ups on knees can be completed, i.e., feet and knees remain on the ground. Push-ups against a wall, i.e., take one step back from a wall and perform a vertical push-up.

Make it harder: Bring hands closer together or elevate your.

Muscular fitness



Squat



Key components

1. Feet are **shoulder width** apart and facing **forward**.
2. Back is kept **straight and stable** as you sit your bottom back and down.
3. Knees point in the **same direction** as feet and heels remain **on floor** during movement.
4. Thighs are **parallel to the floor** at the bottom.
5. Push through **your heels** as you extend your knees and hips to stand up.

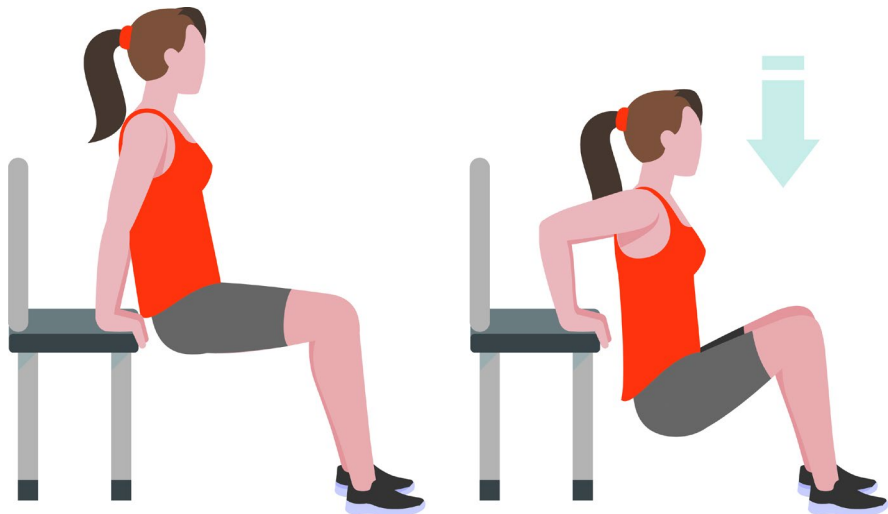
Make it easier: Widen the gap between your feet.

Make it harder: Lower into a squat, as you are standing up jump as high as you can. Land with soft knees and repeat.

Muscular fitness



Tricep dips



Key components

1. Sit on the edge of a bench, step or chair, with hands gripping **the edge** next to your body.
2. Begin with **knees bent** (easier) or **straight** (harder).
3. Keep hands on bench/step/chair and **push away** until arms on an angle. Lower body **slowly** by bending arms until **slight stretch** is felt in chest.
4. Raise body **back to start position** by straightening arms and repeat.

Make it easier: Bring your feet closer to the chair/bench i.e., so they are nearly under you.

Make it harder: Strengthen legs. Try raising one foot.

Core stability

Tree



Key components

1. Stand up straight. Then shift your weight onto your left leg.
2. Keeping your hips facing forward, place the sole of your right foot inside your left thigh and find your balance.
3. Take a prayer position with your hands and then reach your arms up as you would as if standing.
4. Repeat on other leg.

Make it easier: Both feet on the ground but stand on tip toes.

Make it harder: Extend one leg to the side or go on tip toes (i.e., one 1 foot).

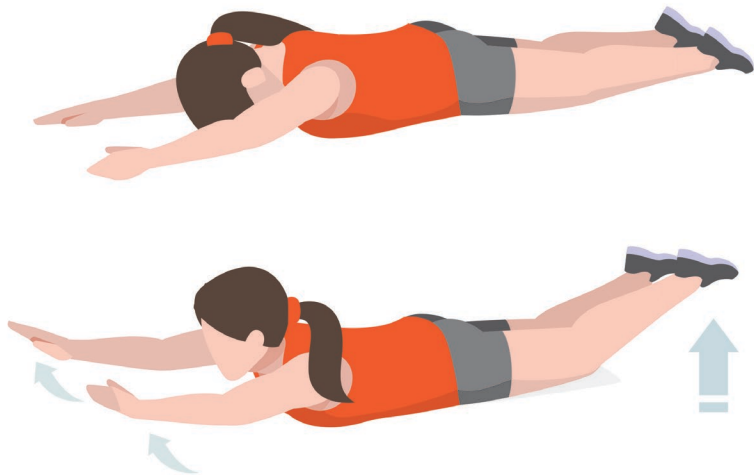
Core stability

Superman

Key components

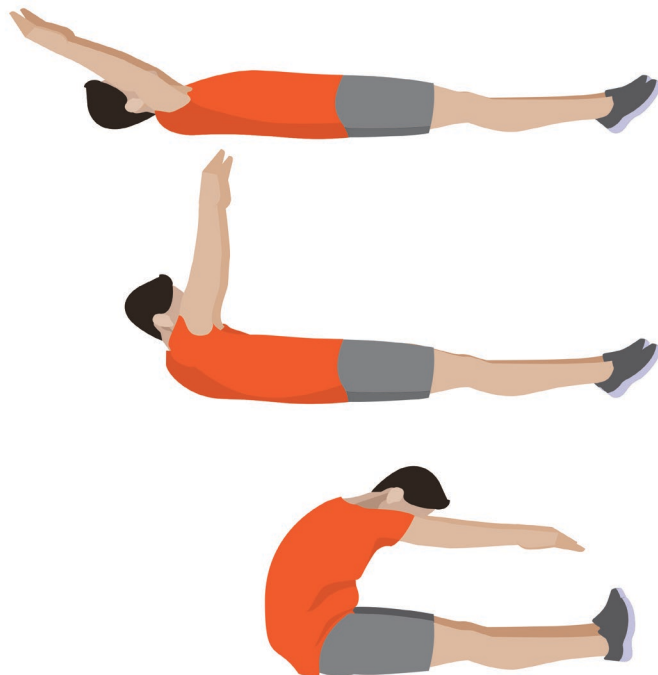
1. Lie down flat on your stomach with your arms up over your head.
2. Simultaneously raise arms, legs and chest off the floor and hold this contraction for 5 seconds.
3. In a controlled manner, simultaneously lower arms, legs and chest back to the starting position.

Make it harder: try raising your hands and feet higher in the air and flutter them i.e., raise/drop them slowly like your were swimming.



Core stability

Pilates roll up



Key components

1. Lie back with your legs straight and arms extended above head next to ears.
2. Bring arms forward, tilt chin down, and slowly curl upper body up, reaching hands to toes.

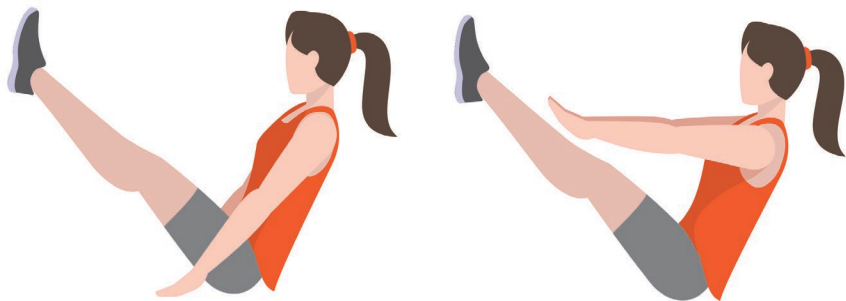
Make it easier: Bend your knees.

Make it harder: Raise feet slightly off the floor for 20 seconds.

Core stability

V-sit

Key components



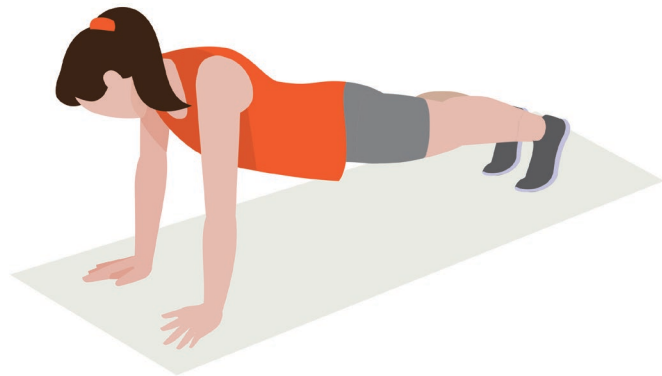
1. Start by sitting with your legs and back straight (like the letter L).
2. Lean back and contract your abdominal muscles and core.
3. Slowly lift your legs up to an extended position at a 45-degree angle to form the shape of a 'V'.

Make it easier: Bend at the knees and do not lift your legs as high.

Make it harder: Reach your arms straight forward and hold for 20 seconds.

Core stability

High plank



Key components

1. Position hands slightly wider than shoulder-width apart (similar to push-up position).
2. Ground the toes into the floor and squeeze the bottom to stabilize your body.
3. Keep your neck and back straight by looking at a spot on the floor about 30cm beyond the hands and hold the position.

Make it easier: Do the above on your knees.

Make it harder: Do the above but lift one hand off the ground and touch the opposite shoulder. Then, swap to touch the opposite hand to shoulder.

Core stability

Warrior pose



Key components

1. Stand with legs approx. 1m apart, turning right foot out 90 degrees (side on) and left foot in slightly.
2. Bring your hands to your hips and relax your shoulders, then extend arms out to the sides, palms down.
3. Bend right knee 90 degrees, keeping knee over ankle; gaze out over right hand. Hold for 1 minute.
4. Swap sides and repeat.

Make it harder: Raise your hands/arms above your head.