

I'M A CELEBRITY
Get Me Out Of Here!

Fitness Camp



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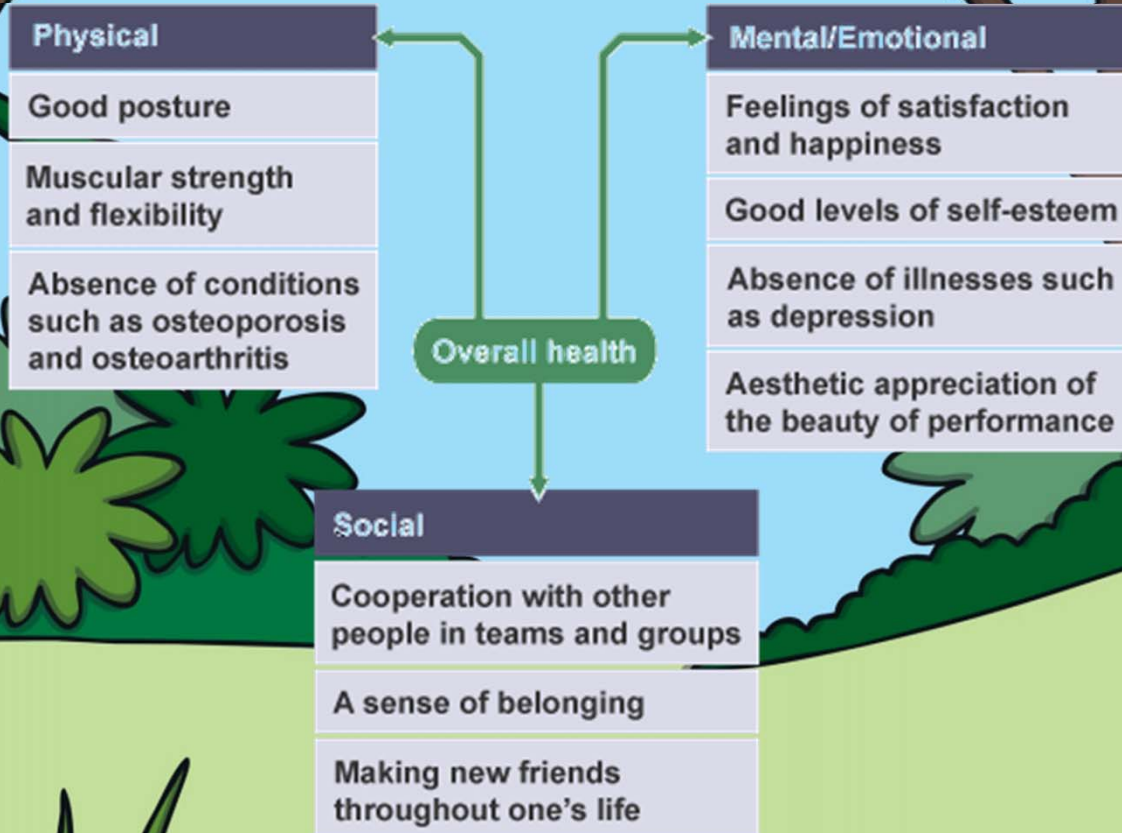
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What Benefits of exercise do you already know?



Literacy

Numeracy

Team work

Resilience

Reflection

Excellence

I'M A CELEBRITY

Get Me Out Of Here!

Challenges

You will be awarded stars for your effort and hard work!

You will have 1 minute on each challenge to gain as many stars for camp as you can.

If you need to stop during your challenge you must shout I'm celebrity get me out of here!



Quadriceps

Gluteus
Maximus

Screaming Squats

Key Points

- Neutral head position
- Straight back.
- Hips parallel or below!
- Knees behind toes.
- Weight on heels.

Progression: Jump Squats or Squat with your partner on your back.



Challenge

You will be awarded stars for your effort and hard work.

20 seconds-

30 seconds-

1 minute-

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Triceps

Pectorals

Press ups of Peril

Key Points

- Head facing forward.
- Straight back.
- Bend elbows and lower chest to the floor.
- Push back up to starting position.

Progression: Easy: Start from knees.

Harder: Start from feet.



Challenge

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20 press ups-



30 press ups-



50 press ups-



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Abdominals

Lower Back

Plank of Perseverance

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 balance on forearms and toes.
- Keep a straight, flat back.

Progression: Left one leg up off the ground.



Challenge

You will be awarded stars for your effort and hard work.

20 seconds-

30 seconds-

50 seconds-

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Full Body

Cardiovascular
Fitness

Bush Tucker Burpees

Key Points

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

Progression: Left one leg up off the ground.



Challenge

You will be awarded stars for your effort and hard work.

20 Burpees-



30 Burpees-



50 Burpees-



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Cardiovascular
Fitness

Muscular
Endurance

Outback Mountain Climbers

Key Points

- Begin in the press up position.
- Straight back at all times.
- Drive knee to the chest (one leg at a time).
- This can be performed with hands on a bench.

Progressions: Single leg out to the side. Rotate single leg in a circular motion.



Challenge

You will be awarded stars for your effort and hard work.

20 seconds-



30 seconds-



1 minute-



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Abdominals

Hip Flexors

Australian Ab Crunches

Key Points

- Raise knees and fixate hips.
- Raise shoulders off the floor (only go half way!)
- Lower shoulders back to the floor and repeat!

Progressions: Raise legs to 90 degrees whilst performing the sit up.



Challenge

You will be awarded stars for your effort and hard work.

20 Ab crunches-

40 Ab crunches-

60 Ab crunches-

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Cardiovascular
Endurance

Muscular
Endurance

Witchetty Grub Wall Sit

Key Points

- 90 angle at the knee.
- Feet shoulders width apart.
- Arms out in front of chest.
- Back straight against the wall.



Challenge

You will be awarded stars for your effort and hard work.

30 seconds-

45 seconds-

1 minute-

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