

## Exercise Ideas

### An A-Z guide

- A.** Aerobics
- B.** Bodypump (a popular type of weightlifting-based group fitness class), Bodybalance (another group fitness program that combines yoga, tai chi and pilates), Bootcamp (group exercises available in parks as well as gyms that focuses on both cardio and resistance exercise), Boxing
- C.** Cycling, Circuit training
- D.** Dance, Diving
- E.** Equestrian
- F.** Fencing, football
- G.** GRIT (A popular class in gyms that combines high intensity exercises with rest intervals for maximum metabolic benefits), Gymnastics, Golf
- H.** Hiking
- I.** Ice skating
- J.** Jogging
- K.** Kettlebell exercises, Kung Fu, Kickboxing
- L.** Lacrosse
- M.** Marathon training
- N.** Netball
- O.** Orienteering
- P.** Pilates
- Q.** Quadrille (a type of square dancing), quoits (a game which used to be popular in primary school PE lessons but can also be played by adults!)
- R.** Rowing (both indoor and outdoor), Running, Rounders
- S.** Swimming, Skipping
- T.** Tai Chi, tennis, trampolining, Tabata (a Japanese high intensity interval workout)
- U.** Unicycling
- V.** Volleyball (indoor)
- W.** Walking, Weight training
- X.** **Xingyiquan** (one of the major "internal" styles of Chinese martial arts)
- Y.** Yoga
- Z.** Zumba