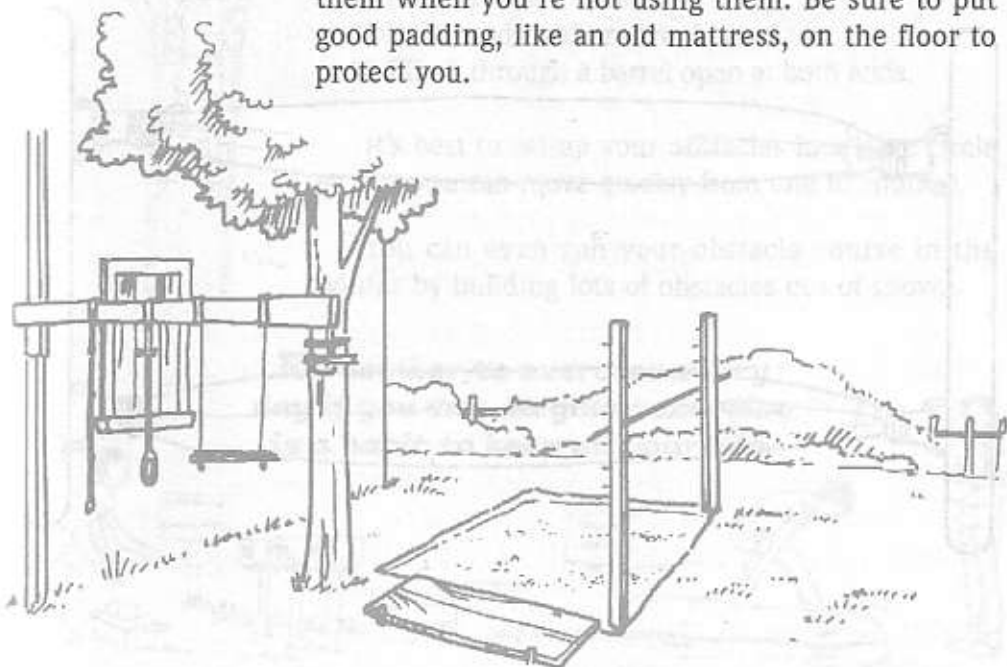


Ask your parents or an adult friend to help you make some simple exercise equipment. Here are two ideas you can use. Make sure that you test all equipment for safety before you use it. Then, take or draw a picture of the equipment you've made and show it to your six. Better yet, invite your six over to try it out.

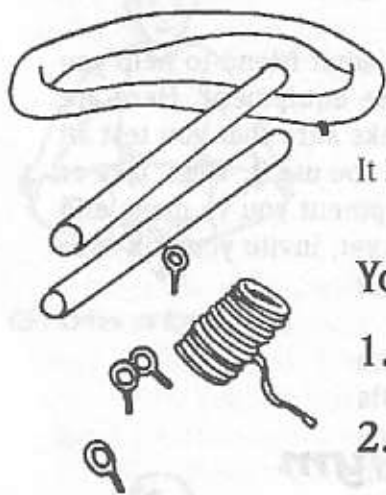
Back Yard Gym

You can put together this simple gym if you have a large sturdy tree in your yard or can arrange to have a large pole solidly placed in the ground.

In your basement, you can anchor many of these devices to the joists under your ceiling with eye bolts and hook arrangements that allow you to remove them when you're not using them. Be sure to put good padding, like an old mattress, on the floor to protect you.



Muscle Builder



You can make this from easy-to-get material. It helps to build shoulder and arm muscles.

You need:

1. Two pieces of dowel 35 cm long and 2.5 to 3 cm in diameter (a broom handle will do)
2. Four eye bolts long enough to go through the dowels
3. Two pieces of old bicycle inner tube, each about 50 cm long
4. String or tape to fasten tubing to the eye bolts

