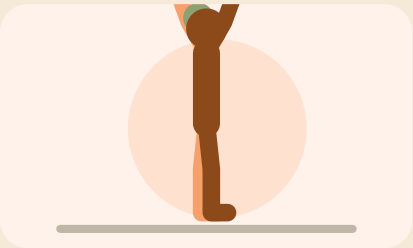
Sophie & Amara

Kettle Cardio

52 movement breaks for the kitchen, with Amara



Eat well, move often, laugh at yourself.

How it works

Pull one card while the kettle boils, the oven heats or the pasta cooks. Each one takes 1 to 3 minutes.

- **Easy** wake up, loosen up
- **Medium** a little warmer
- **Amara is watching** go on then

Move because it feels good, not to earn anything.

No equipment, no gym, just a kitchen. If something hurts, stop. General information, not personal advice.

Easy · 1 min

01



Kettle squats

Feet hip-width. Sit back like there's a chair behind you, then stand tall. Slow, until the click.

Easy · 1 min

02

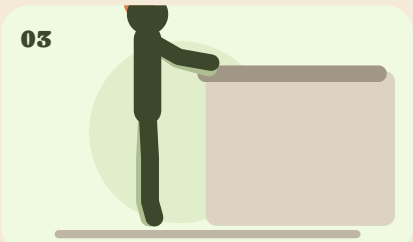


Counter push-ups

Hands on the counter edge, body long like a knäckebröd. Lower your chest, then push away.

Easy · 1 min

03

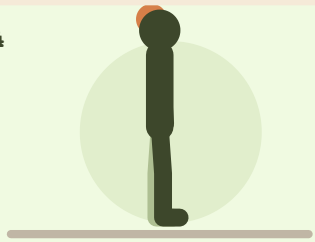


Heel raises

Fingertips on the counter. Rise onto your toes, pause at the top, lower slowly.

Easy · 1 min

04



Shoulder rolls

Roll your shoulders up, back and down. Ten one way, ten the other. Sigh on every drop.

Easy · 2 min

05



Kitchen march

March on the spot, knees up, arms swinging. Afrobeats optional, but strongly recommended.

Easy · 2 min

06

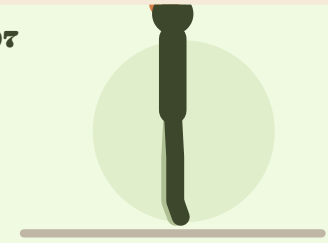


Calf stretch

Hands on the counter, one foot back, heel down. Lean in for 30 seconds, swap. Twice each.

Easy · 1 min

07



Top-shelf reach

Reach up like the good bowl is on the top shelf. Up on your toes, then back down.

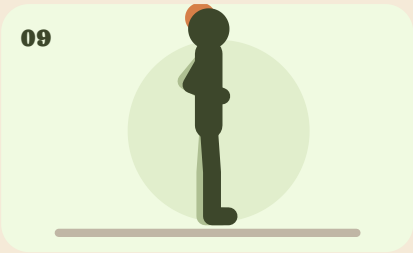
Easy 1 min



Side reach

Stand tall, one arm overhead, lean gently to the side. Breathe into your ribs. Swap.

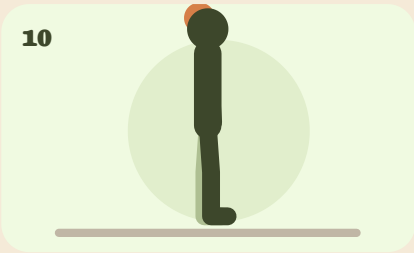
Easy 1 min



Hip circles

Hands on hips, draw big slow circles. Ten each way. You're stirring a very big pot.

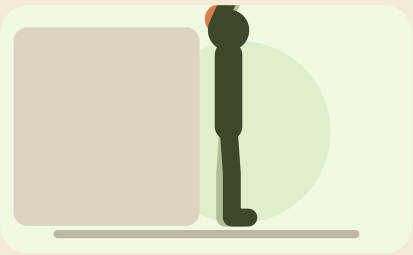
Easy 1 min



Look around

Turn your head slowly right, then left. Then ear to shoulder, each side. No rush.

Easy 1 min



Cupboard angels

Back against a cupboard, arms up in a W. Slide them up and down, slow as a snow angel.

Easy 1 min



Standing cat-cow

Hands on your thighs, knees soft. Round your back up, then let it dip. Move with your breath.

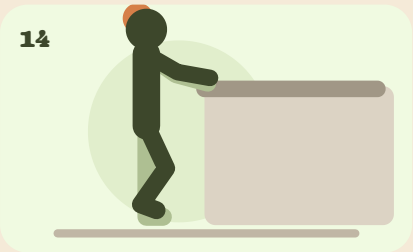
Easy 2 min



Slow-motion walk

Cross the kitchen as slowly as you can. Heel, ball, toes. Very dramatic. Very serious.

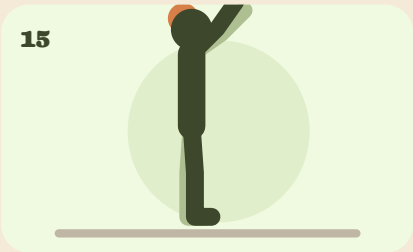
Easy 1 min



Ankle circles

Hold the counter, lift one foot and draw circles with your toes. Ten each way, then swap.

Easy 1 min



Pasta-water breathing

Breathe in for 4 as your arms float up, out for 6 as they float down. Watch for the boil.

Easy 1 min

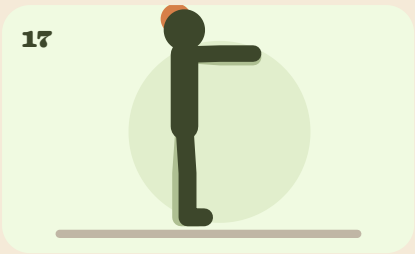


Toe taps

Hands on hips, tap one foot forward, then the other. Light and quick, like a little dance.

Easy 1 min

17



Wrist wake-up

Arms out in front. Circle your wrists, then open and close your hands. Lovely after typing.

Easy 1 min

18



Leg swings

Hold the counter, swing one leg back and forth, easy and loose. Twenty, then swap.

Easy 1 min

19



Chest opener

Clasp your hands behind you, lift your chest, look up a little. Hold, breathe, let go.

Easy 1 min

20



Shake it out

Shake your hands, arms, shoulders, legs. Everything. Honestly, babe, it's allowed.

Medium 2 min

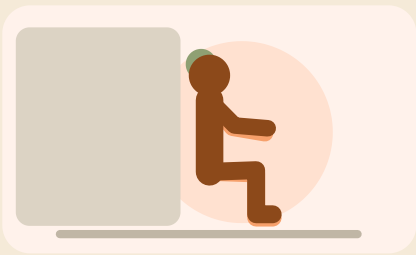
21



Reverse lunges

Step one foot back, lower until both knees bend, push back up. Switch legs every rep.

Medium 1 min

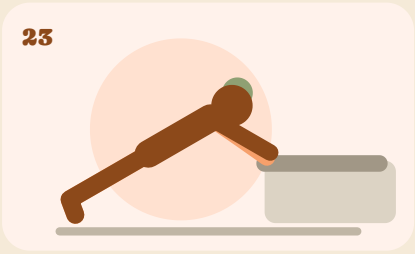


Cupboard sit

Back flat on a cupboard, slide down until your knees bend. Hold. Breathe. You've got this.

Medium 1 min

23



Counter plank

Hands on the counter, body in one line from heels to head. Hold 30 seconds, twice.

Medium 1 min

24

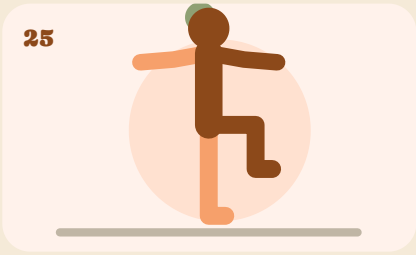


Wide squat pulses

Feet wide, toes out. Sink into a squat and pulse a little up and down. Stand up to finish.

Medium 2 min

25



Flamingo

Lift one knee, arms out, find a spot to stare at. Thirty seconds each side, twice.

Medium 1 min

26

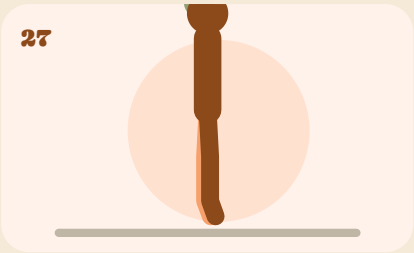


Good mornings

Hands behind your head, soft knees. Hinge forward with a flat back, then stand tall.

Medium 1 min

27

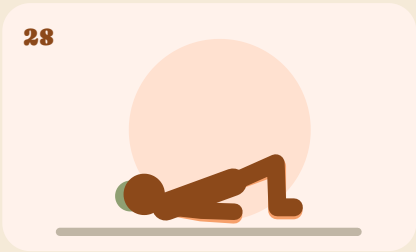


Squat to reach

Squat down, then stand and reach for the ceiling. Keep it flowing, ten times.

Medium 2 min

28

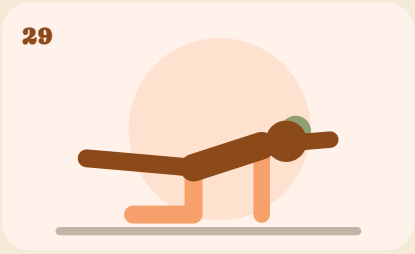


Bridges

On your back, knees bent. Press through your heels and lift your hips. Lower slowly.

Medium 2 min

29



Bird dog

On all fours, reach one arm forward and the opposite leg back. Hold, switch. Steady.

Medium 2 min

30



Side lunges

Big step to the side, sit into that hip, other leg straight. Push back and swap.

Medium 1 min

31

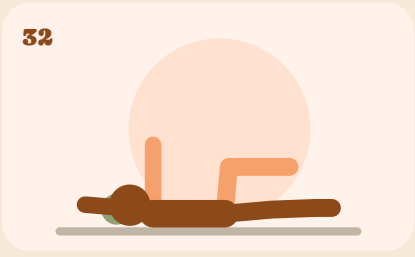


Counter climbers

Counter plank, then drive your knees in one at a time. Steady pace, not a race.

Medium 2 min

32

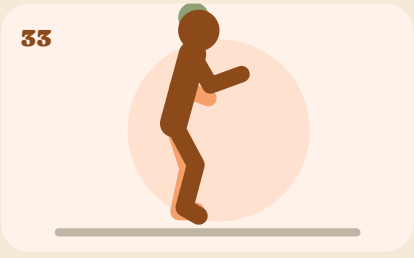


Dead bug

On your back, arms up, knees over hips. Lower one arm and the opposite leg, then swap.

Medium 1 min

33



Fast feet

Knees soft, quick little steps on the spot for 20 seconds. Rest 10. Three rounds.

Medium 1 min

34



Knee to elbow

Stand tall, bring a knee up to meet the opposite elbow. Switch sides, find a rhythm.

Medium · 2 min

35

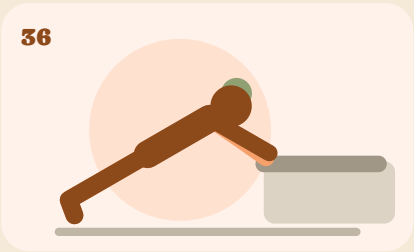


Curtsy lunges

Step one foot behind and across, bend both knees, come back up. Switch sides.

Medium · 1 min

36

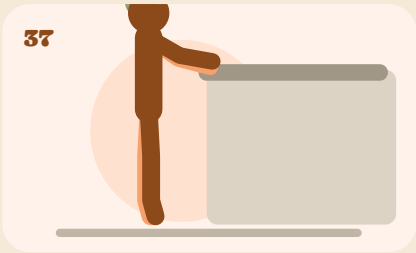


Shoulder taps

Counter plank. Tap one shoulder, then the other, and don't let your hips wiggle.

Medium · 1 min

37

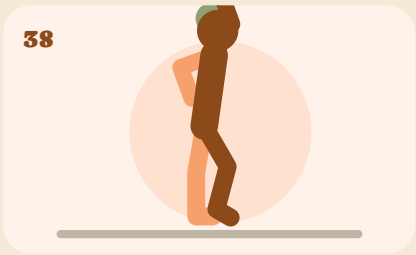


Heel-raise hold

Up on your toes, hold for ten seconds, then ten tiny pulses. Lower. Three rounds.

Medium · 3 min

38

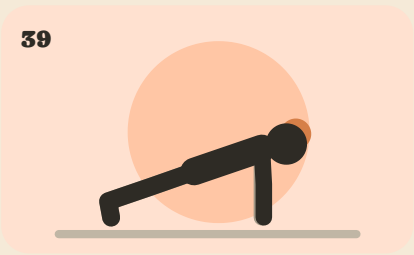


Kettle dance party

One song, full kitchen dance. Rules: no rules. Burna Boy if you need a starter.

Amara is watching · 2 min

39

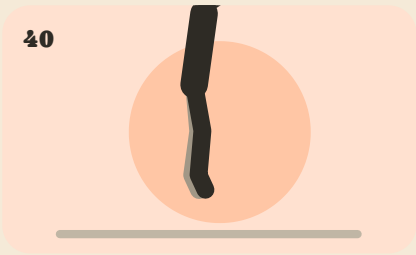


Floor push-ups

Hands on the floor, body long. Lower your chest and press up. Knees down still counts.

Amara is watching · 1 min

40

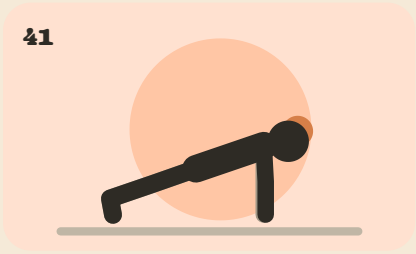


Jump squats

Squat, then jump and land softly. Ten, rest, ten. Your downstairs neighbour thanks you.

Amara is watching · 2 min

41



Kitchen burpees

Hands down, step back to a plank, step in, stand and reach. Eight, rest, eight.

Amara is watching · 1 min

42

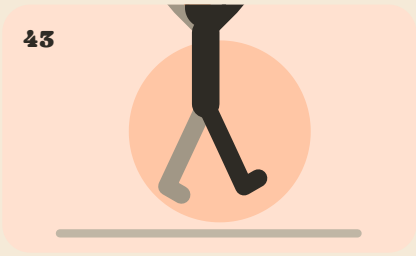


Split squat hold

Lunge position, back knee hovering. Hold 20 seconds, swap. Twice each. Breathe.

Amara is watching · 1 min

43

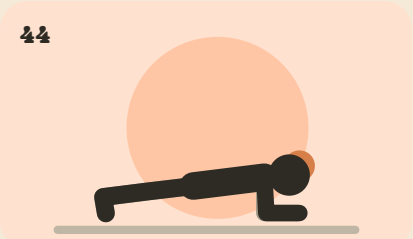


Star jumps

Arms and legs out, then in. Twenty, rest, twenty. Or step them out, same star.

Amara is watching · 1 min

44



Forearm plank

Forearms on the floor, body in one line. Hold 30 seconds, rest, again. I'm counting.

Amara is watching · 2 min

45

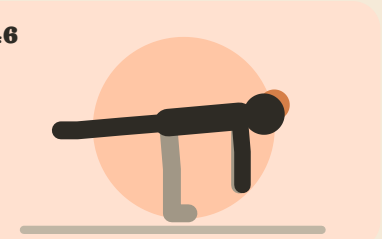


Skaters

Leap sideways onto one foot, other foot sweeps behind. Back and forth, light and springy.

Amara is watching · 2 min

46



Single-leg hinge

On one leg, tip forward as the other leg reaches back. Slow and level. Eight each side.

Amara is watching · 1 min

47

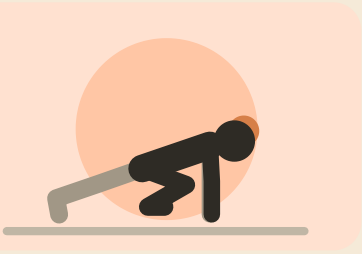


Squat hold punches

Sit in a squat and hold it while you punch forward, left, right. Thirty seconds, twice.

Amara is watching · 1 min

48

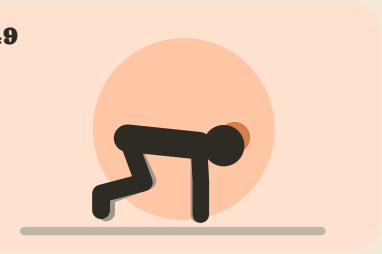


Mountain climbers

High plank on the floor, knees driving in one at a time. 20 seconds on, 10 off, three times.

Amara is watching · 1 min

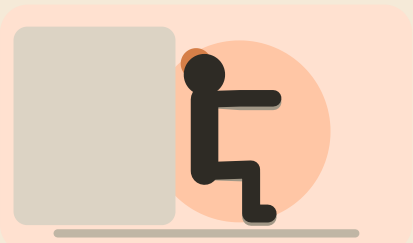
49



Bear hold

On all fours, lift your knees a few centimetres. Hold and breathe. 20 seconds, three times.

Amara is watching · 2 min



Cupboard sit + arms

Cupboard sit, arms straight out front, small circles. Thirty seconds, rest, again.

Amara is watching · 2 min

51

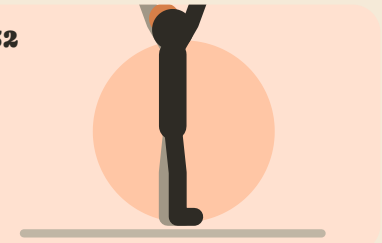


Lunge to knee

Reverse lunge, then drive that back knee up as you stand. Eight each side.

Amara is watching · 3 min

52



The full pasta

30 seconds each: squats, counter push-ups, march, plank. Twice through. Then drain the pasta!