

Warm up and cool down routine

We know how important warming up and cooling down is for exercise. Can you design me a warm up and cool down routine. The warm up must last 2 minutes and then include four stretches, then the cool down must last 2 minutes. You can use this before starting your challenges for the start and at the end.

Personal Challenges

The personal challenge will involve you doing activities for 1 minute without stopping. Then repeating this every day to beat your score. For the plank put down how long you can hold it for.

WEEK 1-

Activity	Days of the week – Score				
	M	T	W	T	F
Press ups					
Sit ups					
Plank					

WEEK 2- Now, try it for 2 minutes.

Activity	Days of the week – Score				
	M	T	W	T	F
Press ups					
Sit ups					
Plank					



Challenges – Choose two to do every day.

1. JUMPING JACKS 20
10 SEC REST 20 SEC MOVE

2. PUSH-UPS 20
10 SEC REST 20 SEC MOVE

3. CRUNCHES 20
10 SEC REST 20 SEC MOVE

4. BURPEES 20
10 SEC REST 20 SEC MOVE

5. HIGH KNEES 20
10 SEC REST 20 SEC MOVE

6. JOG IN PLACE 20
10 SEC REST 20 SEC MOVE

1 HIGH INTENSITY INTERVAL TRAINING

1. MOUNTAIN CLIMBERS 20
10 SEC REST 20 SEC MOVE

2. SQUATS 20
10 SEC REST 20 SEC MOVE

3. SIT-UPS 20
10 SEC REST 20 SEC MOVE

4. ARM CIRCLES 20
10 SEC REST 20 SEC MOVE

5. GROUND DIPS 20
10 SEC REST 20 SEC MOVE

6. WALL SIT 20
10 SEC REST 20 SEC MOVE

2 HIGH INTENSITY INTERVAL TRAINING

