

EXERCISES	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
<i>Bronze</i>																						
Jogging on the Spot - high knees and fast																						
Jumping Jacks - wide and fast																						
Tuck Jumps - high knees																						
Wall Climbers - fast forwards and backwards																						
Squats - nice and low, keep feet flat																						
Get Up Press Ups - keep your back straight																						
Forward Lunge - big step forwards																						
Squat Jumps - fast, high and powerful																						
Total Number of Reps																						

Please remember : You do 30 seconds of the first exercise, Count the number of Reps and write it down into the sheet, then you do exercise number 2 and do the same . This happens for all 8 exercises.