

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>Legs</i>																						
Mountain Climbers - get feet under your body - steady rhythm																						
Squat Thrusts - feet move forwards and backwards																						
Stair Jumps - hands stay on your hips																						
Squat Jumps - fast, high and powerful																						
Tuck Jumps - high knees																						
Pistol Squat - front leg has to be straight																						
Sumo Squats - steady rhythm - get butt close to ground																						
Single Leg Drop Downs - Stans on step, slow drop down																						
	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.