

EXERCISES	Number of Reps	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
		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																					
<p>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.</p>																						