

| 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>Gold</i>   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Jumping Jacks</b> - wide and fast                    |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Sit Ups</b> - fingers stay on your head, feet flat   |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Burpees</b> - rhythm needed                          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Stair Jumps</b> - hands stay on your hips            |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Squat Thrusts</b> - feet move forwards and backwards |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Press Ups</b> - keep your back straight              |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Tuck Jumps</b> - jump high with nice high knees      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Squat Jumps</b> - fast, high and powerful            |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |
| <b>Total Number of Reps</b>                             |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |      |

**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.