

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>Silver</i>																						
Jumping Jacks - wide and fast																						
Tuck Jumps - high knees																						
Mountain Climbers - fast forwards and backwards																						
Squats - nice and low, keep feet flat																						
Press Ups - keep your back straight																						
Backward Lunge - big step backwards																						
Squat Jumps - fast, high and powerful																						
Squat Thrusts - fast 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.