

LOCKDOWN FITNESS CHALLENGE!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11th Jan 5 press ups 5 squats 5 speed bounces	12th Jan 5 star jumps 5 sit ups 5 tuck jumps	13th Jan Running on the spot 30 seconds High knees 30 seconds 5 Lunges	14th Jan 5 squat jumps 5 leg raises Balance on one leg for 30 seconds	15th Jan Shuttle runs 30 seconds 5 Crunches 5 burpees
18th Jan 10 press ups 10 squats 10 speed bounces	19th Jan 10 star jumps 10 sit ups 10 tuck jumps	20th Jan Running on the spot 45 seconds High knees 45 seconds 10 Lunges	21st Jan 10 squat jumps 10 leg raises Balance on one leg for 45 seconds	22nd Jan Shuttle runs 45 seconds 10 Crunches 10 burpees
25th Jan 15 press ups 15 squats 15 speed bounces	26th Jan 15 star jumps 15 sit ups 15 tuck jumps	27th Jan Running on the spot 60 seconds High knees 60 seconds 15 Lunges	28th Jan 15 squat jumps 15 leg raises Balance on one leg for 60 seconds	29th Jan Shuttle runs 60 seconds 15 Crunches 15 burpees
1st Feb 20 press ups 20 squats 20 speed bounces	2nd Feb 20 star jumps 20 sit ups 20 tuck jumps	3rd Feb Running on the spot 75 seconds High knees 75 seconds 20 Lunges	4th Feb 20 squat jumps 20 leg raises Balance on one leg for 75 seconds	5th Feb Shuttle runs 75 seconds 20 Crunches 20 burpees
8th Feb 20 press ups 20 squats 20 speed bounces	9th Feb 20 star jumps 20 sit ups 20 tuck jumps	10th Feb Running on the spot 75 seconds High knees 75 seconds 20 Lunges	11th Feb 20 squat jumps 20 leg raises Balance on one leg for 75 seconds	12th Feb Shuttle runs 75 seconds 20 Crunches 20 burpees