



# 'Reps across the world' fitness challenge!



**Task:** Your task is to select a distance between one location to another, and complete the distance of air miles in repetitions or seconds of specific exercises!

Firstly, you need to select one of the challenges below. Once you have done this, you will have the whole week to complete the specified number of exercises, this will equate to the air miles to get you to your destination! The further you choose to travel; the more repetitions of exercises you will need to complete the get there! Remember, **you can complete these exercises in your own time across the week, you can also split them up however best suits you.** Good luck!



## **Bronze challenge:**



**London to Paris**

**(214 air miles)**

12 Burpees  
10 Russian twists  
12 Squats  
12 Press ups (on knees if needed)  
10 Tricep dips (with use of a chair)  
12 Jump Squats  
10 Sit ups  
12 Lunges  
10 Mountain Climbers  
12 Jumping Lunges  
12 Star Jumps  
30 second Wall Sit  
30 second Plank on hands  
30 second Plank on elbows



## **Silver challenge:**



**Sydney to Brisbane**

**(467 air miles)**

36 Burpees  
30 Russian twists  
35 Squats  
30 Press ups (on knees if needed)  
30 Tricep dips (with use of a chair)  
35 Jump Squats  
30 Sit ups  
35 Lunges  
30 Mountain Climbers  
35 Jumping Lunges  
36 Star Jumps  
35 second Wall Sit  
35 second Plank on hands  
35 second Plank on elbows



## **Gold challenge:**



**New York City to Chicago**

**(714 air miles)**

54 Burpees  
50 Russian twists  
55 Squats  
50 Press ups (on knees if needed)  
50 Tricep dips (with use of a chair)  
55 Jump Squats  
50 Sit ups  
55 Lunges  
50 Mountain Climbers  
55 Jumping Lunges  
55 Star Jumps  
45 second Wall Sit  
45 second Plank on hands  
45 second Plank on elbows



## **Platinum challenge:**



**Tokyo to Shanghai**

**(1118 air miles)**

70 Burpees  
67 Russian twists  
70 Squats  
67 Press ups (on knees if needed)  
67 Tricep dips (with use of a chair)  
70 Jump Squats  
70 Sit ups  
70 Lunges  
67 Mountain Climbers  
70 Jumping Lunges  
70 Star Jumps  
60 second Wall Sit x 2  
60 second Plank on hands x 2  
60 second Plank on elbows x 2