

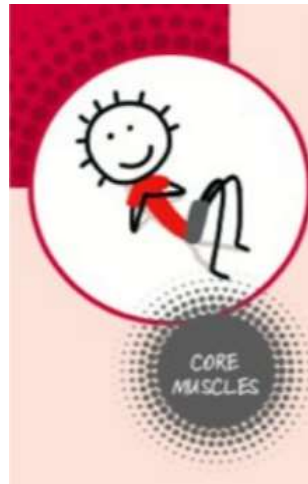
Fitness challenge "Circuits"

Your challenge: Choose which level you want to attempt and complete it for the time given in your chosen column. E.g. Bronze – count how many squats you can complete in 30 seconds. Attempt each exercise 3 times and see what your best result is. Try to do this every day!

Challenge:	Bronze	Silver	Gold	Platinum
How many <u>squats</u> can you do in...	30 seconds	45 seconds	1 minute	1 minute 30 secs
How many <u>sit ups</u> can you do in...	30 seconds	45 seconds	1 minute	1 minute 30 secs
How many <u>star jumps</u> can you do in...	30 seconds	45 seconds	1 minute	1 minute 30 secs
How many <u>burpees</u> can you do in...	30 seconds	45 seconds	1 minute	1 minute 30 secs
Can you hold a <u>plank</u> for...	30 seconds	45 seconds	1 minute	2 minutes
Can you hold a <u>wall sit</u> for...	30 seconds	45 seconds	1 minute	2 minutes



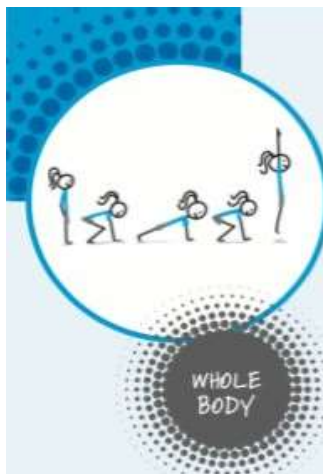
- Stand up tall to start and place your arms in front of you
- Bend your knees so that your legs are at right angles at the knee joint
- Pretend you are about to sit down on a chair
- Keep your weight forwards and ensure to not let your knees go over/in front of toes
- Slowly stretch legs to return to a standing position, squeezing hips as you do so



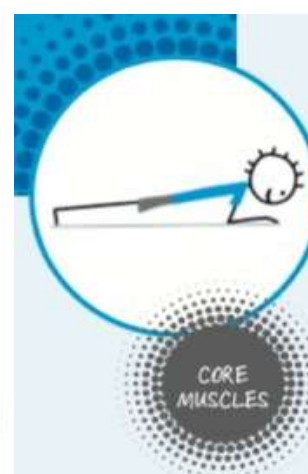
- Start by lying down with your back on the floor
- Place your feet flat on the floor with your knees raised (you can ask a partner to hold your feet down if you wish)
- Fold your arms across your chest
- Slowly raise your head and shoulders off the floor so that you are in a sitting position. Slowly roll back down to the floor & repeat.



- Start in a relaxed stance, legs together and arms by your side
- Jump both legs out to the side and at the same time raise the arms out sideways to above head height
- Jump back in to the starting position
- To make it harder: try to touch the floor between each star jump!



- Start standing up, feet shoulder width apart and your arms by your side
- Lower your body down so that you can place your hands on the floor
- Jump your feet backwards so that you're in a press up position
- Jump your feet back in towards your hands
- Reach your arms over your head and jump into the air
- Repeat!



- Start in a press up position, but bend your elbows so that your forearms are on the ground with your hands aching the floor
- Make sure your body is straight from your head to your feet and that you do not arch your back
- Ensure your toes are tucked under to balance on the balls of your feet
- Suck your tummy in and try to stay flat



- Stand with your back against a wall
- Bend your knees and lower yourself into a sitting position so that your legs are at a right angle
- Keep your back against the wall and your hands by your side
- Try to time how long you can hold the position for