




Weekly Workout Challenge.

Start your day with a positive and complete these activities.

Let us know how you get on.

Monday 25 th January	Tuesday 26 th January	Wednesday 27 th Jan	Thursday 28 th Jan	Thursday 29 ^h Jan
<p>TIME CHALLENGE</p> <p>Your challenge is to complete the below exercises as quickly as you can. Make sure you always perform with the correct technique.</p> <p>10 SQUATS 10 PRESS UPS 10 SIT UPS 10 BURPEES</p> <p>REPEAT 4 TIMES THROUGH</p> <p>(IN TOTAL 40 OF EACH EXERCISE)</p>	<p>PLANK CHALLENGE</p> <p>Hold the below plank position for as long as possible.</p>  <p>Extension – can you keep up with the cha cha slide plank challenge?</p> <p>https://www.youtube.com/watch?v=x_YFkVSp34s</p>	<p>Sit UP CHALLENGE</p> <p>Your Challenge is to complete as many Sit ups as you can in 1 minute.</p> 	<p>TWO TIN CHALLENGE</p> <p>For this challenge you need two tins of food;(Beans, soup anything will do)</p> <p>Lateral Raise: Hold the two tins out to the side for as long as you can. You must keep your arms straight.</p> 	<p>3KM CHALLENGE</p> <p>You have the choice to either:</p> <ol style="list-style-type: none"> 1. Walk 2. Jog 3. Run <p>(please keep to all social distancing rules)</p>
<p>SCORING SYSTEM</p> <p>Under 7 mins = 2pts Under 6.30 mins = 3pts Under 6 minutes = 4pts Under 5.30 mins = 5pts Under 5 mins = 6pts Under 4.30 mins = 7pts Under 4 mins = 8pts</p>	<p>SCORING SYSTEM</p> <p>0 – 30 secs = 2pts 31 - 1.00 = 3pts 1.01 – 1.30 = 4pts 1.31 – 2.00 = 5pts 2.01 – 2.30 = 6pts 2.31 – 3.00 = 7pts 3.01 + = 8pts</p>	<p>SCORING SYSTEM</p> <p>0 – 15 = 2pts 16 – 25 = 3pts 26 – 35 = 4pts 36 – 45 = 5pts 46- - 55 = 6pts 56 – 65 = 7pts 66 + = 8pts</p>	<p>SCORING SYSTEM</p> <p>0 – 30 secs = 2pts 31 - 1.00 = 3pts 1.01 – 1.30 = 4pts 1.31 – 1.45 = 5pts 1.46 – 2.00 = 6pts 2.01 – 2.15 = 7pts 2.16 + = 8pts</p>	<p>SCORING SYSTEM</p> <p>Over 37 minutes = 2pts Under 37 minutes = 3pts Under 33 mins = 4pts Under 29 mins = 5pts Under 26 mins = 6pts Under 23 mins = 7pts Under 21 mins = 8pts</p>

