

Try and complete the exercises 3 times a week. Try and time yourself completing them in a minute, if you don't manage to do an exercise for a minute, try and complete the whole minute the next day.

| Exercises  | First Attempt | Second Attempt | Third Attempt |
|--|---------------|----------------|---------------|
| <b>Plank</b><br>Did you do the plank for the full minute? Yes or no? |               |                |               |
| <b>Burpees</b><br>How many in 1 minute?                              |               |                |               |
| <b>Sit Ups</b><br>How many in 1 minute?                              |               |                |               |
| <b>Shuttle Runs</b><br>How many in 1 minute?                         |               |                |               |
| <b>Squats</b><br>How many in 1 minute?                               |               |                |               |
| <b>Star Jumps</b><br>How many in 1 minute?                           |               |                |               |
| <b>Lunges</b><br>How many in 1 minute?                               |               |                |               |
| <b>Press Ups</b><br>How many in 1 minute?                            |               |                |               |

Pick 3 different exercises:

Could you do them for 2 minutes?

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\_\_\_\_\_

Yes

No

Yes

No

Yes

No