



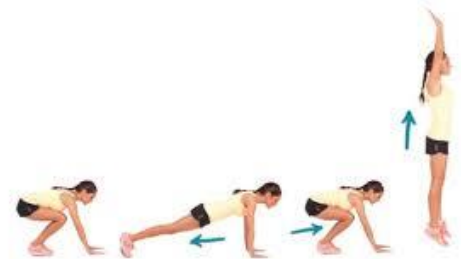

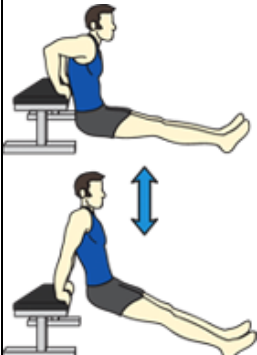


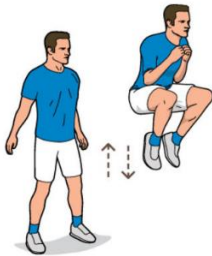




# Day 1

## Create your own workout

Pick 4-8 exercises from the options below. You're going to do 30 seconds work and 30 seconds rest (very similar to your active assemblies). For an extra challenge, see if you can add in your own exercise. Write down how many repetitions you can complete in the 30 seconds and then repeat your workout.

<p>1. Jogging on the spot</p> 	<p>2. Star Jumps</p> 	<p>3. Leg Raises</p> 
<p>4. Plank up and down.</p> 	<p>5. Burpees</p> 	<p>6. Bridge</p> 

<p>7. Triceps Dips</p> 	<p>8. Squats</p> 	<p>9. Lunges</p> 
<p>10. Tuck Jumps</p> 	<p>11. Mountain Climbers</p> 	<p>12. plank</p> 

## Day 2

### 10-30-minute exercise



## Day 3

Go back to your day 1 workout and see if you can beat your scores for each activity. For example, you may have completed 8 burpees in 30 seconds, this time see if you can complete 9 burpees in 30 seconds.

