

Keep a record of what you manage to achieve and add new exercises if you would like.

<b>Fitness Challenge</b>	<b>Attempt 1 Score</b>	<b>Attempt 2 Score</b>	<b>Attempt 3 Score</b>	<b>Best Score</b>
30 second squat challenge				
1 minute sit up challenge				
30 second star jump challenge				
Longest wall sit challenge				
30 second burpee challenge				
Longest Plank Challenge				

## Challenge 2: How many squats can you do in 30 seconds?



GLUTEAL  
MUSCLES

### Description

- Stand up tall to start and place your arms out in front of you.
- Bend your knees so that your legs are at a right angle at the knee joint.
- Pretend you are about to sit down on a chair.
- Keep your weight forwards and arms out at shoulder height.
- Slowly stretch the legs to return to a standing position.
- As you stand, squeeze your hips forwards.

### Finding it easy? Try this..

- Increase the time to a 1 minute challenge.
- Jump squats: as you return to a standing position, add a jump before continuing.
- Hold the squat position against a wall for as long as you can.

## Challenge 1: How many sit-ups can you do in one minute?



CORE  
MUSCLES

### Description

- 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 and repeat.
- Don't forget to count how many you complete in 1 minute!

### Finding it easy? Try this..

- Try holding a ball whilst you are performing the sit-ups.
- If you are at home, ask if you can hold a bag of flour or tin of beans for example.
- See if you can touch the opposite knee to hand as you sit up.

## Challenge 21: How many jumping jacks can you do in 30 seconds?

### Description

- 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.

### Finding it easy? Try this...

- Hold a tin of beans in each hand.
- As you jump your feet out to the side, can you instead jump your feet out sideways and into the air so that your feet come off the floor?



HEART & LUNGS

## Challenge 35: Sit until you drop.

### Description

- 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.

### Finding it easy? Try this...

- Put your arms out in front of you as you perform the wall sit.
- Have a rest and then repeat. Can you beat your time?



HEART & LUNGS

## Challenge 19: How many burpees can you do in 30 seconds?

### Description

- 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 feet.
- Reach your arms over your head and jump up into the air.
- Repeat.



WHOLE  
BODY

## Challenge 15: plank until you drop.

### Description

- Start in a press up position, but bend your elbows so that your forearms are on the ground with your hands facing the floor.
- Make sure your body is straight from your head to your feet.
- Ensure your toes are tucked under to balance on the balls of your feet.
- Suck your tummy in.



CORE  
MUSCLES

# 30 Day challenge

—how far can you get? Don't be afraid to change the amount you do to make it a bit easier or harder.....Just doing it is enough!

<b>1</b> 20 JUMPING JACKS 10 SIT-UPS 10 SQUATS 5 PUSHUPS	<b>2</b> 20 HIGH KNEES 10 SECOND PLANK 10 LUNGES 5 PUSHUPS	<b>3</b> 20 JUMPING JACKS 10 SIT-UPS 10 SQUATS 6 PUSHUPS	<b>4</b> REST	<b>5</b> 20 HIGH KNEES 10 SECOND PLANK 10 LUNGES 6 PUSHUPS	<b>6</b> 25 JUMPING JACKS 12 SIT-UPS 12 SQUATS 7 PUSHUPS
<b>7</b> 25 HIGH KNEES 12 SECOND PLANK 12 LUNGES 8 PUSHUPS	<b>8</b> REST	<b>9</b> 25 JUMPING JACKS 14 SIT-UPS 14 SQUATS 8 PUSHUPS	<b>10</b> 25 HIGH KNEES 14 SECOND PLANK 14 LUNGES 9 PUSHUPS	<b>11</b> 30 JUMPING JACKS 16 SIT-UPS 16 SQUATS 10 PUSHUPS	<b>12</b> REST
<b>13</b> 30 HIGH KNEES 16 SECOND PLANK 16 LUNGES 10 PUSHUPS	<b>14</b> 30 JUMPING JACKS 18 SIT-UPS 18 SQUATS 11 PUSHUPS	<b>15</b> 30 HIGH KNEES 18 SECOND PLANK 18 LUNGES 12 PUSHUPS	<b>16</b> REST	<b>17</b> 35 JUMPING JACKS 20 SIT-UPS 20 SQUATS 12 PUSHUPS	<b>18</b> 35 HIGH KNEES 20 SECOND PLANK 20 LUNGES 13 PUSHUPS
<b>19</b> 35 JUMPING JACKS 22 SIT-UPS 22 SQUATS 14 PUSHUPS	<b>20</b> REST	<b>21</b> 35 HIGH KNEES 22 SECOND PLANK 22 SQUATS 14 PUSHUPS	<b>22</b> 40 JUMPING JACKS 24 SIT-UPS 24 SQUATS 15 PUSHUPS	<b>23</b> 40 HIGH KNEES 24 SECOND PLANK 24 LUNGES 16 PUSHUPS	<b>24</b> REST
<b>25</b> 40 JUMPING JACKS 26 SIT-UPS 26 SQUATS 16 PUSHUPS	<b>26</b> 40 HIGH KNEES 26 SECOND PLANK 26 SQUATS 17 PUSHUPS	<b>27</b> 45 JUMPING JACKS 28 SIT-UPS 28 SQUATS 18 PUSHUPS	<b>28</b> REST	<b>29</b> 45 HIGH KNEES 28 SECOND PLANK 28 LUNGES 18 PUSHUPS	<b>30</b> 50 JUMPING JACKS 30 SIT-UPS 30 SQUATS 19 PUSHUPS
<b>Bonus</b> 50 HIGH KNEES 30 SECOND PLANK 30 LUNGES 20 PUSHUPS	<b>"When you feel like quitting, think about why you started."</b>				