

Fitness Friday



Each exercise lasts for one 1 minute, unless stated, with 1 minute of rest in between.

Keep track of how many you have completed by writing the number in the box. For the plank, tick if completed the full 30 seconds.

	Star Jumps	Squats	Sit ups	Press ups	Over marker tuck jumps	30 second plank	Burpees
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Day 8							
Day 9							
Day 10							