

Wellbeing Challenge

The aim is to complete this as quick as you can:

Circuit 1

Squats – Mountain Climbers – Star Jumps

30reps – 30reps – 30reps

20reps – 20reps – 20reps

10reps – 10reps – 10 reps

Rest

Circuit 2

Jumping Lunges – Plank Side Steps – Push-ups

30reps – 30reps – 30reps

20reps – 20reps – 20reps

10reps – 10reps – 10 reps

Rest

Circuit 3

Squat Jumps – Standing Ab Crunch – Plank Foot to Hand

30reps – 30reps – 30reps

20reps – 20reps – 20reps

10reps – 10reps – 10 reps

Finish

