

# Wellbeing Challenge

## Circuit 1

Squats - Side Plank with Pull Through- Tricep Dips -  
V-sit Leg Flutter

20 reps-20 reps-20 reps-20 reps  
10 reps-10 reps-10 reps-10 reps

## Circuit 2

Lunges - Mountain Climbers with Twist - Leg Raises -  
Heel Tops

20 reps-20 reps-20 reps-20 reps  
10 reps-10 reps-10 reps-10 reps

## Circuit 3

Split Squats - Plank Shoulder Taps  
- Inchworms

20 reps-20 reps-20 reps  
10 reps-10 reps-10 reps

