

# FUN FITNESS

Choose 5 different exercises to complete. Repeat 3 times.

<p>Push ups x 5</p> 	<p>Mountain Climbers x 10</p>  <p>PHOTOGRAPHS BY BETH BRIDGEMAN</p>	<p>Sit ups x 10</p> 	<p>Lunges x 5 per leg</p> 	<p>Jumping Jacks x 10</p> 
<p>Squats x 10</p> 	<p>Tuck Jumps x 5</p> 	<p>Plank Get ups x 10</p> 	<p>Burpees x 5</p> 	<p>Shoulder taps x 10</p> 
<p>Lying leg raises x 10</p> 	<p>Punches for 30 seconds</p> 	<p>Plank hold for 30 seconds</p> 	<p>Jogging on the spot for 30 seconds</p> 	<p>Rolling side plank x 10</p> 
<p>Flutter kicks x 10</p> 	<p>Superman x 10</p> 	<p>Bridge x 10</p> 	<p>Side lunges x 10</p> 	<p>Calf raises x 10</p> 