



Challenge 1

Session Explanation: This total body pyramid workout includes no weights at all. The entire full body workout can be done anywhere using your body weight alone. That's right . . . this is a complete no equipment workout.

Remember to keep good form and push yourself throughout the entire pyramid workout. (If you need to, reduce the number for each session but ensure it increases in multiples of 10). You've got this!

Session:

1. 10 Burpees
2. 40 Lunges (20 each side)
3. 30 Tuck jumps
4. 40 Tricep dips
5. 50 Star jumps
6. 60 Rear leg lifts
7. 70 Side to side shuffles
8. 80 Seconds plank
9. 90 Seconds skipping (Imaginary rope if you don't have one)
10. 100 Squats





Challenge 2

Session Explanation: Fartlek training. Complete 6 100% intensity sprints for the set distance. This must be done as fast as you can in a safe environment outside your home.

Session:

1. Run 1 – 15s sprint followed by a 45s walk
2. Run 2 – 20s sprint followed by a 40s walk
3. Run 3 – 30s sprint followed by a 30s walk
4. Run 4 – 40s sprint followed by a 20s walk
5. Run 5 – 40s sprint followed by a 15s walk
6. Run 6 – 50s sprint followed by a 10s walk
7. 2 Minute gentle jog in your local area.
(Stay safe and be responsible)





Challenge 3

Session Explanation: Develop your muscular endurance and cardiovascular fitness – complete the virtual building or mountain climb challenge!

Session: Chose your personal challenge.

- Complete it over a number of sessions, days and/or weeks.
- Walking down the stairs doesn't count – only going up!
- Don't forget to keep a tally of stairs climbed.
- Start off with a few minutes and then rest – keep repeating for 30min minimum (including rest time) – listen to your body and work within your means but, challenge yourself.
- A good cool down is essential.
- Do it in pairs/as a family – continuous relay style – one works, others rest.

Virtual Mountains	Stairs
Scafell Pike, England	6180
Snowdon, Wales	7120
Ben Nevis, Scotland	8810
Mont Blanc, France	30420
Kilimanjaro, Tanzania	38680

Virtual Buildings	Stairs
Sydney Opera House	425
Clifton Suspension Bridge	490
Big Ben	632
BT Tower, Birmingham	997
Blackpool Tower	1036
Canary Wharf Tower	1600



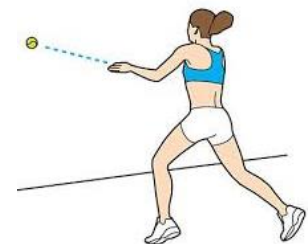


Challenge 4

Session Explanation: Coordination ball skills.

Session: Using any ball you have at home and a wall (side of the house, garage wall, park wall etc.)

1. Throw the ball against the wall and catch with 2 hands x10
2. Throw the ball against the wall with 1 hand and catch with 2 hands x10
3. Throw the ball against the wall with 1 hand, catch with 1 hand x10
4. Kick the ball against the wall, rolling and volleys x10 each
5. With a family member, alternate 1 throws the ball the other catches x10
6. Make this into a game, where 1 throws and the other catches, 1 point for a successful catch, catcher then throws etc... make it hard by using angle or varying height so your opponent has to move to catch it. Make it easier by adding a bounce if needed. This game also works well with a racket and ball if you have 1.





Challenge 5

Session: Individual Workout

Session Explanation:

Spell out your First, Middle & Last name!

30 seconds rest between each letter/exercise.

Spell Your Name

& do the workout!



- | | |
|--------------------------------|--------------------------------|
| A: 15 Push Ups | N: 10 Push Ups |
| B: 50 Jumping Jacks | O: 20 Lunges |
| C: 20 Crunches | P: 10 Tricep Dips |
| D: 10 Burpees | Q: 20 Jumping Jacks |
| E: 60-second Wall Sit | R: 45-second Plank |
| F: 20 Arm Circles | S: 30 Bicycle Crunches |
| G: 20 Squats | T: 45-Second Wall Sit |
| H: 30 Jumping Jacks | U: 40 High Knees |
| I: 60-second Plank | V: 30 Squats |
| J: 20 Mountain Climbers | W: 15 Tricep Dips |
| K: 40 Crunches | X: 10 Mountain Climbers |
| L: 12 Burpees | Y: 12 Jumping Lunges |
| M: 15 Squats | Z: 30 Crunches |

Looking for a Challenge?

Spell out your FIRST, MIDDLE, & LAST name!