START

You say that You Want to be the CHAMPION?

Go Back to the

Water Break!

20 Seconds Leg Lift

5 Push-ups

Take and Record Your Pulse.

20 Seconds Fly Like a Superhero

8 Squats

Wall Sit 20 Seconds

Run in Place 20 Seconds

Awsome!

Take a 30 Second Break and Move Ahead to the

10

TUCK JUMPS

10 Curl-ups

10 Leg Lifts

20 Seconds Planks

20 Leg Lifts

10

JUMPING JACKS

10

TUCK JUMPS

10 Curl-ups

You say that You Want to be the CHAMPION?

Go Back to the

15 Seconds Wall Sit

3 Curl-ups

5 Squats

3 Push-ups

5 Curl-ups

Awsome!

Take a 30 Second Break and Move Ahead to the

20

JUMPING JACKS

30 Seconds Plank

Water Break!

Run in Place 15 Seconds

Great Workout!

HIT THE SHOWERS, CHAMP!

You

3 Push-ups

5

JUMPING JACKS

Run in Place 15 Seconds

5

TUCK JUMPS

10 Curl-ups

20 Leg Lifts

Water Break!

10 Seconds Planks

10 Leg Lifts

5 Lunges

Get Fit, Don't Quit!

Take a 30 Second Water Break.

Almost Done!

10

JUMPING JACKS

30 Seconds Planks

Awsome!

Take a 30 Second Break and Move Ahead to the

5 Lunges

Wall Sit 20 Seconds

20 Seconds Leg Lift

Take and Record Your Pulse.

15 Seconds Fly Like a Superhero

Water Break

You say that You Want to be the CHAMPION?

Go Back to the

20

JUMPING JACKS

You left Your PE Uniform at Home.

Go Back To Start.

Wall Sit 30 Seconds

5 Push-ups

Run in Place 20 Seconds

Take and Record Your Pulse.

8 Squats

30 Seconds Fly Like a Superhero

10 Lunges

30 Seconds Leg Lift

Water Break!

You say that You Want to be the CHAMPION?

Go Back to the