

DAILY CHALLENGE

- As many as you can in **30 SECONDS**
- 5 activities/30 seconds on/30 seconds rest
- Repeat all 5 activities twice (**10 MINS**) Repeat 3 times (**15 MINS**)

1. JUMPING JACKS



2. JOGGING ON THE SPOT



3. ROPE CLIMBERS



4. SQUATS



5. LATERAL HOPS



Ready Set

GO!



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DAILY CHALLENGE CARDS

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