



All over body

1 week challenge – start day 1st January

This challenge will take no longer than 10 minutes –do this and you will be doing full body, proper push ups – try it -

Day one	25 second plank – on elbows and knees Or 15 second plank – on elbows and toes	2 full body Push ups Give it a go	10 squats – sit to stand - bodyweight	10 heel drops Slow – core engaged	10 lunges
Day two	30 second plank – on elbows and knees Or 20 second plank – on elbows and toes	3 full body push ups	12 squats – sit to stand – body weight	12 heel drops	12 lunges
Day three	25 second plank – on elbows and toes	4 full body push ups	14 squats – sit to stand – body weight	10 flutter legs	14 lunges
Day four	30 second plank	5 full body push ups	16 squats - sit to stand – body weight	15 flutter legs	16 lunges
Day five	35 second plank	6 full body push ups	18 squats- sit to stand – body weight	20 flutter legs	18 lunges
Day 6	40 second plan	7 full body push ups	20 squats - sit to stand – body weight	22 flutter legs	20 lunges
Day 7	45 second plank	8 full body push ups	25 squats – sit to stand – body weight	25 flutter legs	24 lunges

