



# 21 DAY FITNESS CHALLENGE!



<p><b>Day 1.</b> 20 star jumps and 5 burpees</p> 	<p><b>Day 2.</b> 10 sit ups in the morning, 10 at lunch time and 10 before you go to bed</p>	<p><b>Day 3.</b> 10 lunges on each leg</p> 	<p><b>Day 4.</b> 20 frog jumps Repeat 3 times</p>	
<p><b>Day 5.</b> 20 squats and 10 star jumps</p> 	<p><b>Day 6.</b> Go on a 1Km jog Remember to stretch first</p>	<p><b>Day 7.</b> Travel 2 km on a bike, scooter, skateboard or trike</p>	<p><b>Day 8.</b> Skipping rope for 10 minutes</p> 	<p><b>Day 9.</b> 40 star jumps and 20 squats</p>
<p><b>Day 10.</b> 20 sit ups, 10 squats, 10 press ups.</p>	<p><b>Day 11.</b> Plank for as long as possi- ble and then try and beat your time.</p>	<p><b>Day 12.</b> 20 mountain climbers Rest 10 seconds Repeat 3 times</p>	<p><b>Day 13.</b> Do yoga for 10 minutes (you can find videos on YouTube)</p>	<p><b>Day 14.</b> Have a go at cooking healthy treats.</p> 
<p><b>Day 15.</b> 20 lunges on each leg, 20 squats and 20 sit ups.</p>	<p><b>Day 16.</b> 20 high knee jumps. Rest for 20 seconds. Repeat 3 times.</p>	<p><b>Day 17.</b> Sprint for 10 seconds and repeat 5 times</p> 	<p><b>Day 18.</b> Run backwards around your garden or local green 4 times. Be careful!</p>	<p><b>Day 19.</b> Jump like a frog around your garden for 1 minute, rest for 30 seconds. Repeat 3 times.</p>
	<p><i>This challenge will keep you fit for 3 weeks but if you enjoy fitness, add extra exercises each day to push yourself even further!</i></p>		<p><b>Day 20.</b> Do the Yoga Tree pose 3 times and see how long you can last</p> 	<p><b>Day 21.</b> 30 squats, 20 sit ups, 10 burpees. Rest for 30 sec- onds and repeat as many times as possible!</p> 