



STEP INTO SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1st September	2nd September
			Hop on the spot Bronze: 10 times Silver: 20 times Gold: 30 times	Star jumps Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps
5th September	6th September	7th September	8th September	9th September
Frog jumps Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	Step ups Bronze: 10 times Silver: 20 times Gold: 30 times	Spotty Dogs Bronze: 10 times Silver: 20 times Gold: 30 times	Sit ups Bronze: 10 sit ups Silver: 20 sit ups Gold: 30 sit ups	Skipping Bronze: 10 skips Silver: 20 skips Gold: 30 skips
12th September	13th September	14th September	15th September	16th September
Squats Bronze: 10 squats Silver: 20 squats Gold: 30 squats	Tuck jumps Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	Burpees Bronze: 10 times Silver: 20 times Gold: 30 times	Mountain climbers Bronze: 10 times Silver: 20 times Gold: 30 times	Side lunges Bronze: 10 lunges Silver: 20 lunges Gold: 30 lunges
19th September	20th September	21st September	22nd September	23rd September
Push ups Bronze: 10 push ups Silver: 20 push ups Gold: 30 push ups	Leg raises Bronze: 10 times Silver: 20 times Gold: 30 times	Crunches Bronze: 10 times Silver: 20 times Gold: 30 times	Arm circles Bronze: 10 times Silver: 20 times Gold: 30 times	Punches Bronze: 10 times Silver: 20 times Gold: 30 times
26th September	27th September	28th September	29th September	30th September
Leg kicks Bronze: 10 leg kicks Silver: 20 leg kicks Gold: 30 leg kicks	Front lunges Bronze: 10 lunges Silver: 20 lunges Gold: 30 lunges	Russian twists Bronze: 10 times Silver: 20 times Gold: 30 times	Calf raises Bronze: 10 times Silver: 20 times Gold: 30 times	Tricep dips Bronze: 10 times Silver: 20 times Gold: 30 times