

## **7 Day Fitness Challenge**

**Day 1: Core Challenge**

1. Plank position for 10 seconds

2. 10 crunches

3. 10 sit up

4. Repeat 3 times with no rest between (Do 5 sets if your fitness allows you)

**Day 2: Cardio Day**

1. 30 seconds of skipping (pretend you have a rope)

2. 10 mountain climbers

3. 30 seconds boxing punches (using both arms)

4. 10 step ups (can use books or a chair)

**Day 3: Fitness Intervals**

1. 10 squats

2. 10 broad jumps

3. 20 seconds sprinting on the spot

4. 10 push ups

5. 10 sit ups

(Do 3 sets)

**Day 4: Abs**

1. 10 knee to elbow planks

2. 15 crunches

3. 10 superman poses

4. 10 high knee twists (bring your right knee to left elbow and left knee to right elbow)

**Day 5: Stretching**

1. Ragdoll Pose (hold for 30seconds) X 3

2. Yogi squat pose (hold for 30 seconds) X 3

3. Boat pose (hold for 15 seconds) X 3

**Day 6: Walk**

1. 30 minutes of a brisk walk

**Day 7: Leg day**

1. Reverse lunges to front kick (do 10 on right leg first, then change & do 10 on left day)

2. Vertical jumps (just as high as you can for 30 seconds) X 3

3. Chair squat (standing in front of a chair, squat in front of a chair, until you buttock barely touches the chair and stand back up)

4. 10 lunges with a hook punch (complete a side lunge with a hook punch at the end) X 10 each side

All exercise are on YOUTUBE to view them if required,

Ideally, do these exercises on your own or in group of 2 or 3 maximum