

WEEK 1: FEEL THE BURN



FASTER FARTHER

- 1 Complete Jump Start Warm Up
- 2 Use the table below and spell "WE ARE CHAMPIONS"
Do each exercise for 30 seconds and take 30 seconds rest

A	Walking Lunge	N	Quick Feet
B	Bounce on the Spot	O	Quick Punches
C	Burpees	P	Rope Climbers
D	Butt Kicks	Q	Rotational Jacks
E	Forward Jacks	R	Skater Hops
F	High Knees	S	Sit Ups
G	In & Out Jumps	T	Single Leg Hops
H	Jog in Place	U	Standing Bicycle
I	Jumping Jack Squat	V	Toe Taps
J	Leg Swings	W	Torso Twists
K	Mountain Climbers	X	Tuck Jumps
L	Jumping Jacks	Y	Walking Lunge
M	Power Skips	Z	Reverse Lunge



Good Work!
Time to Cool Down



Good Work! Take a Break &
Go for 1 More Round!



Good Work! Take a Break
& Keep Going!

