

10-1 WORKOUT

INSTRUCTIONS:

Complete each of these exercises below.

Then have a go at making up your own 10-1 exercises

10 x Burpees

8 x Lunges

6 x Press Ups

9 x Tuck Jumps

7 x Star Jumps

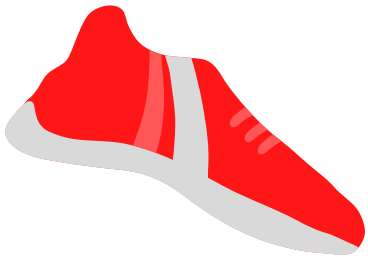
5 x Toe Touch and Jump

4 x Sit Ups

3 x Squats

2 x Minute Run on the Spot

1 x Minute Plank



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