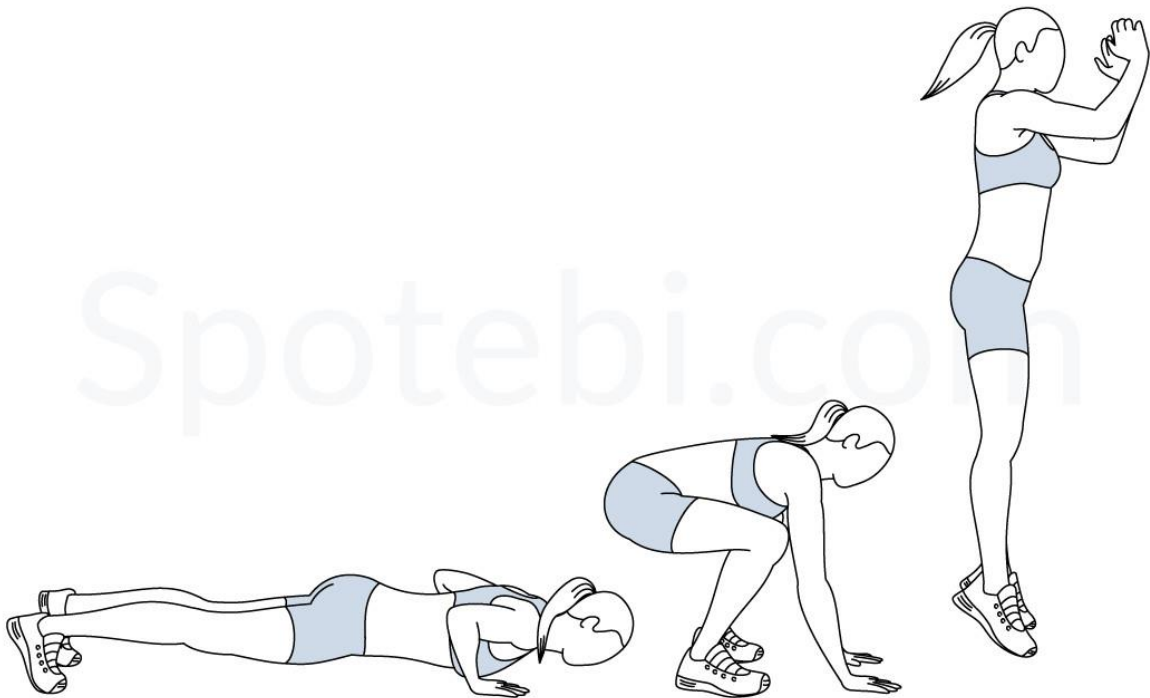




MANIC MONDAY



X30 BURPEES

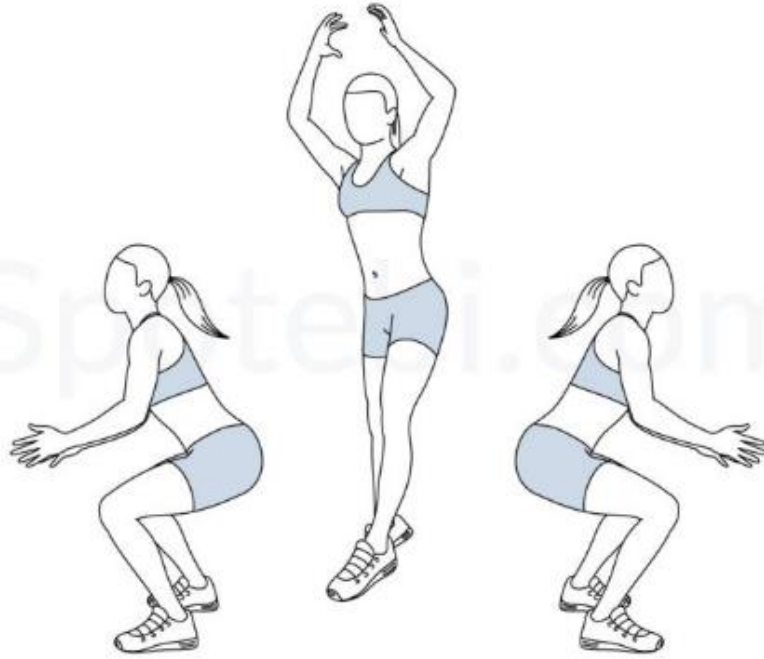


TORSO TUESDAY



X25 PRESS UPS

WORKOUT WEDNESDAY

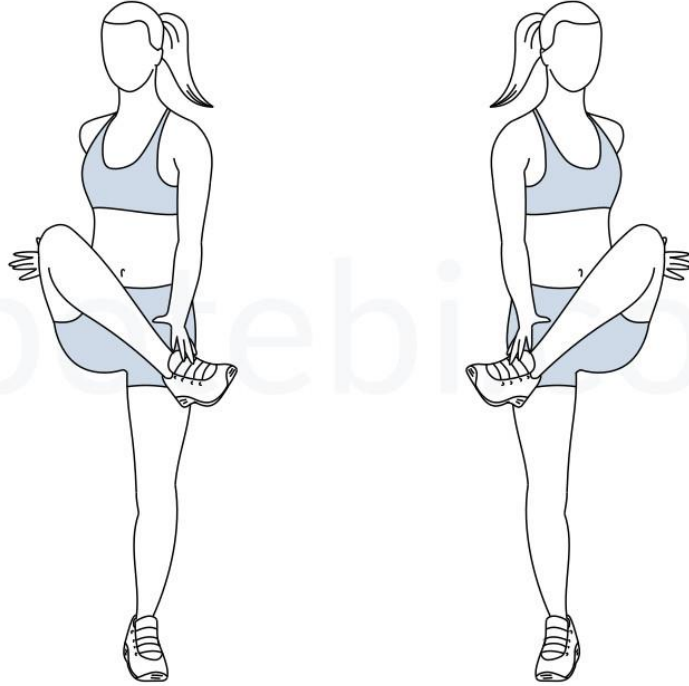


X15 180 JUMP SQUAT

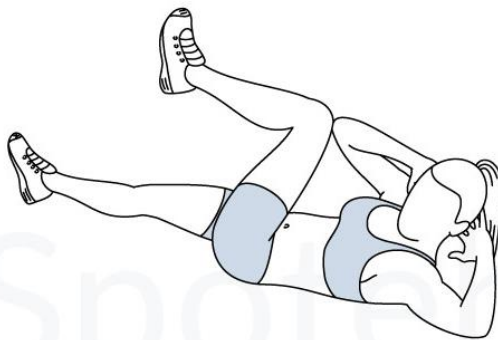


30 SECOND PLANK

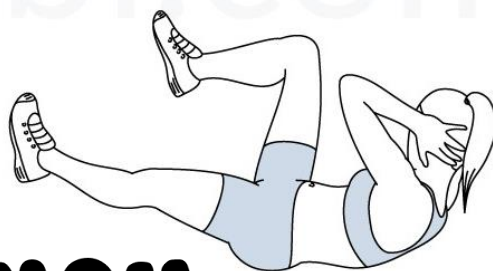
TACKLE THURSDAY



1 MINUTE OF TOE TAPS



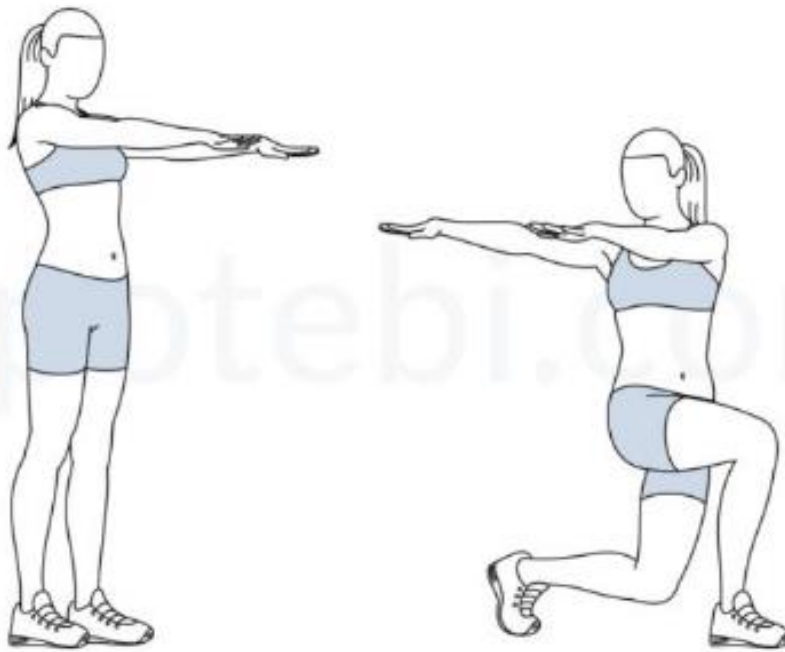
30 SECOND



BICYCLE CRUNCH



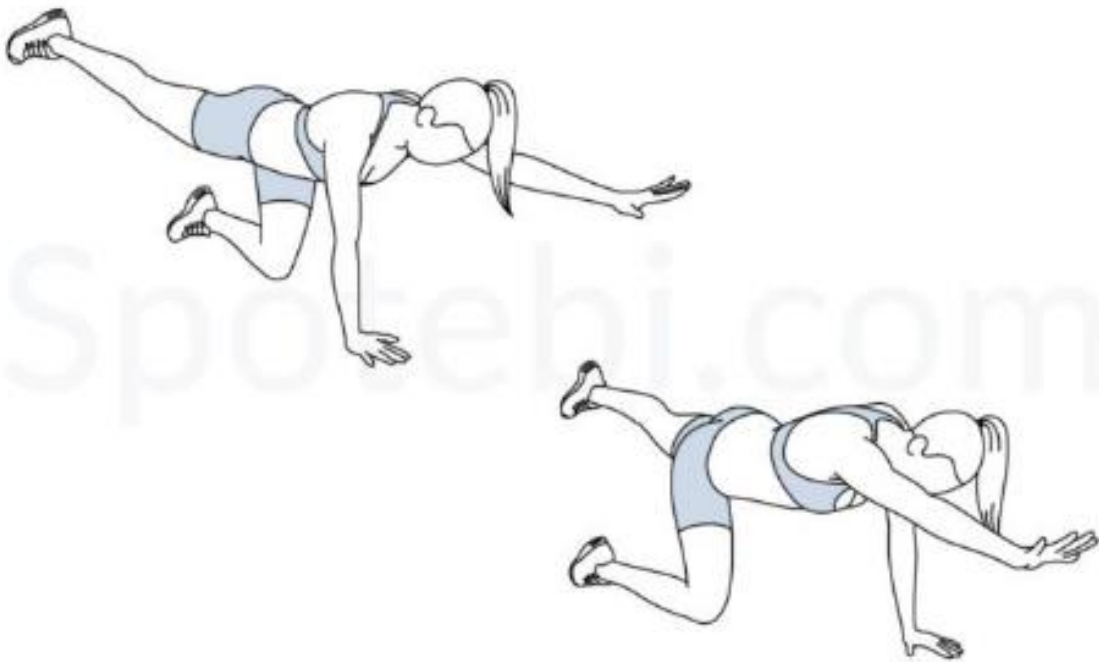
FINISH FRIDAY



X10 LUNGE TWIST
(EACH LEG)



MATCH POINT MONDAY



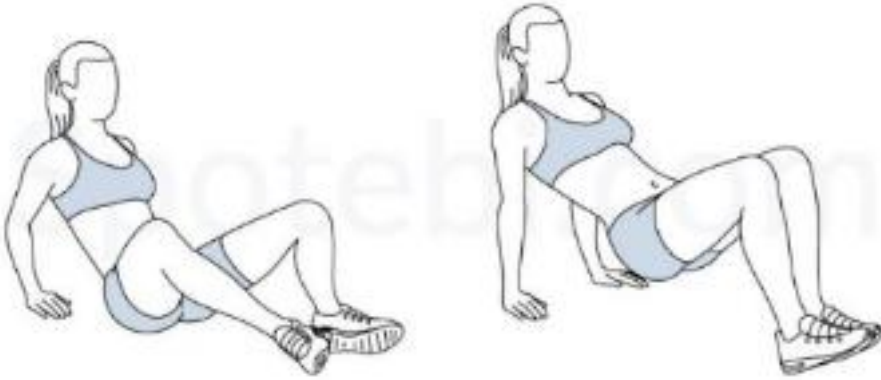
X15 BIRD DOG

(EACH SIDE)

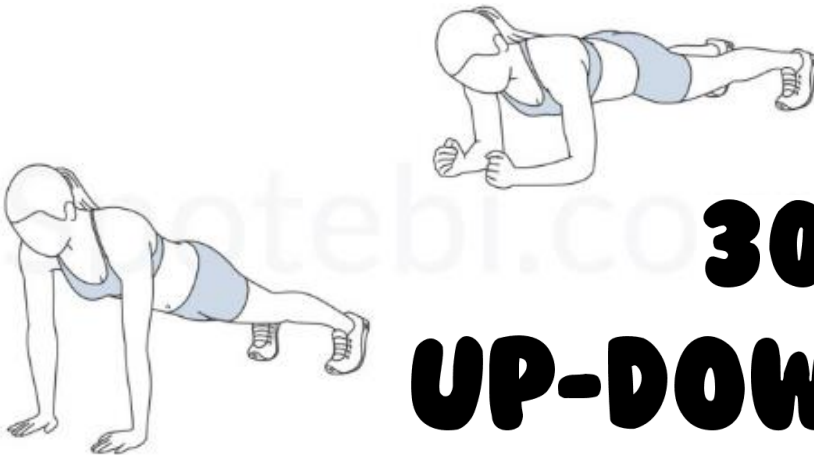
Daily Workout Challenge #7

 Caistor Grammar School
A SELECTIVE ACADEMY

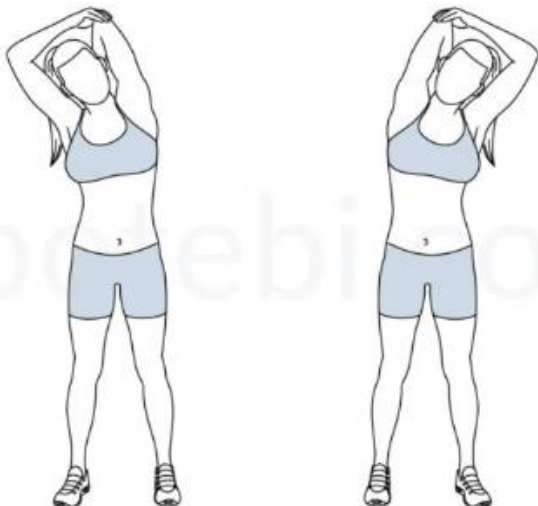
TRICEP TUESDAY



X10 BUTTERFLY DIPS



**30 SECOND
UP-DOWN PLANK**



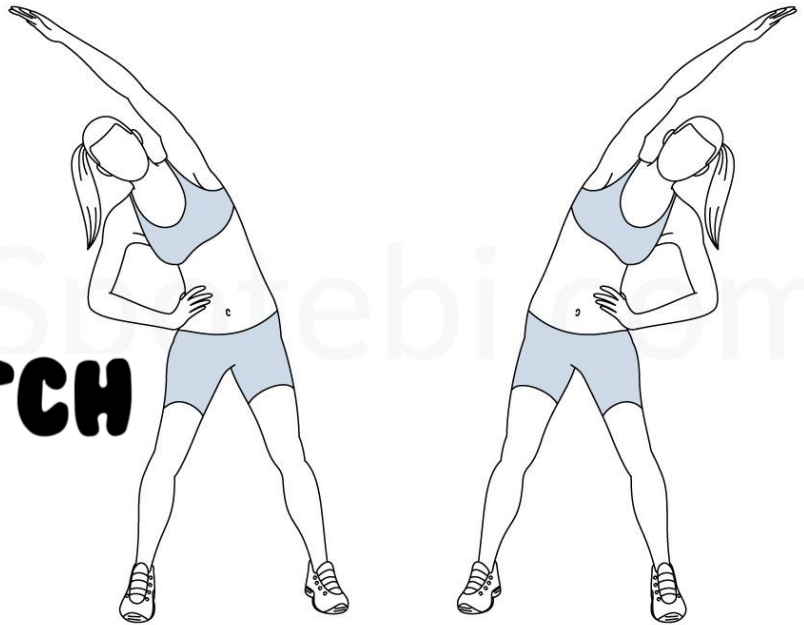
**15 SECOND
TRICEP STRETCH
(EACH ARM)**

WELL-BEING WEDNESDAY

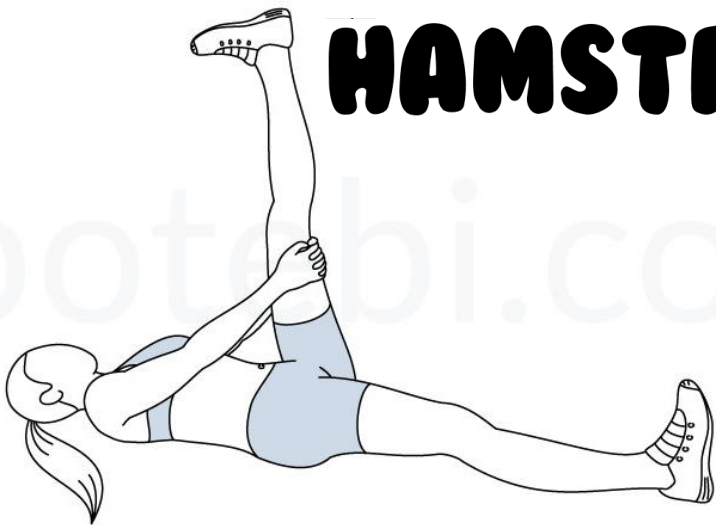
BUTTERFLY STRETCH



OBLIQUES STRETCH



HAMSTRING STRETCH

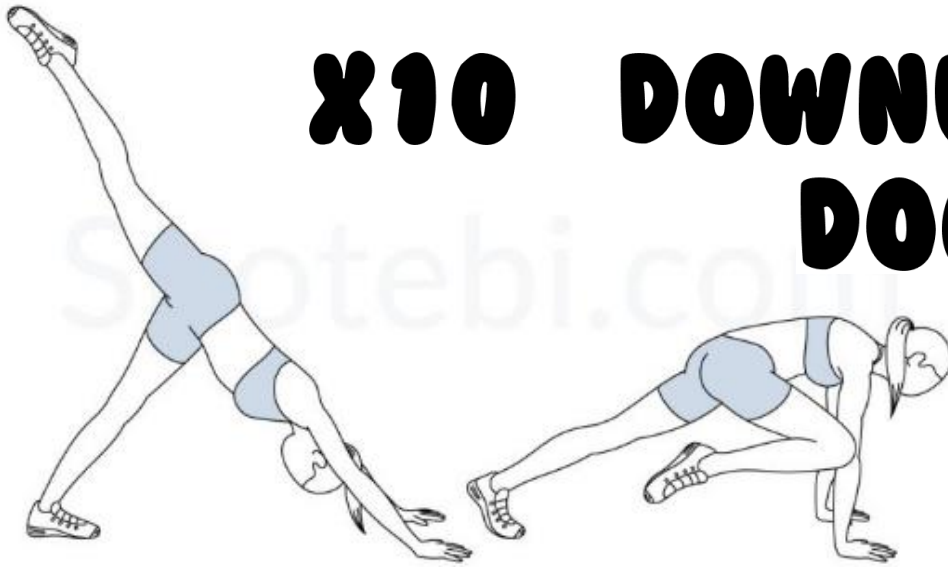


**30 SECONDS
EACH EXERCISE**



TOUCH DOWN THURSDAY

**X10 DOWNWARD
DOG CRUNCH**



X30

HEEL TOUCHES

