

# WR Daily Challenge Week 2

Find us on YouTube for extra help- WR SPORTS LTD

How many in 45 seconds?!	Mon	Tues	Weds	Thurs	Fri
Heels to Bums					
Stand up Sit down					
YOGA POSE (Warrior 1)					
Press ups					
Line Jumps					
YOGA POSE (Butterfly)					
Knees up					
Arm Circles					
YOGA POSE (Tree)					
Mountain Climbers					