

WR Daily Challenge Week 1

Find us on YouTube for extra help- WR SPORTS LTD

How many in 45 seconds?!	Mon	Tues	Weds	Thurs	Fri
Star Jumps					
Mountain Climbers					
YOGA POSE (Tree)					
Arm Circles					
Stand up Sit down					
YOGA POSE (Triangle)					
Spotty Dogs					
Line Jumps					
YOGA POSE (Butterly)					
Knees up					