

# WR Daily Challenge Week 2

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This exercise challenge should be completed EVERY DAY! Can you beat your scores from the day before??

WORK for 45 seconds.  
REST for 30 seconds

**1. Heels to Bums-** Jog on the spot bringing your heel to your bottom each time! (A bit like your kicking yourself!)

**2. Stand up, Sit down-** Use the sofa. Stand up and sit down! Don't take your feet off the floor. How many can you do?

**3. WARRIOR POSE 1-** stand with your feet together and arms by your sides, lunge forward with one leg and raise your arms straight above your head!



**4. Press ups-** place your arms out in front of you shoulder width apart and take a "press up" position keeping your body straight bend your arms so that your chest nears the floor and push back up!

**5. Line Jumps-** place something straight on the floor to make a line (dressing gown ropes are perfect!) jump over it from side to side!



**6. BUTTERFLY POSE-** place the soles of your feet together and pull them in towards your body, try to let your legs fall to the floor. You can hold your feet or lift your arms into the air!

**7. Knees up-** jogging in the spot can you bring your knees up high!

**8. Arm Circles-** extend your arm up so your body looks like a 'T' shape. For 1 minute draw small circles with arms up. Don't drop those arms!

**9. TREE POSE-** Use this time to take a breath and center your energy! Place your hands together as if in a prayer. Bring your non-standing leg above your knee. How long can you balance?



**10. Mountain climbers-** place your hands shoulder width apart on the floor and get into a "press up position" bring one knee up to your chest and then the other. CLIMB THAT MOUNTAIN!