

# WR Daily Challenge Week 1

Find us on YouTube for extra help- WR SPORTS LTD

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. Jumping Jacks**- Jump out into a star shape (legs apart and arms out) then in (arms by your side, legs together) and REPEAT!

**2. 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!

**3. 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?



**4. 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!

**5. 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?



**6. TRIANGLE POSE**- stand with your legs wide in the shape of a triangle- lean to one side and try to reach the floor! You can try 20 seconds on each side if you need to!

**7. Spotty Dogs**- Using opposite arms and legs jump up and down, changing which leg goes in front- put the opposite arm out in front of you at the same time!

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

**9. 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!



**10. Knees up**- jogging in the spot can you bring your knees up high! Common it's the last 45 seconds now!!