

WR Daily Challenge Week 5

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

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



4. Star Jumps- Start with your arms by your side and legs together, and then jump out making a star shape with your body!

5. One leg hops- how many hops on one leg? And then try the other!



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. 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!

8. Sit ups- Lay your back flat on the floor and bring your feet towards your bottom so your knees are off the ground, try to sit up whilst keeping your feet on the floor!

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. Jogging on the spot- you can count how many steps you manage to get!