

# WR Daily Challenge Week 6

Find us on YouTube for extra help- WR SPORTS LTD

How many in 45 seconds?!	Mon	Tues	Weds	Thurs	Fri
Star Jumps					
Flutter kicks					
YOGA POSE (Tree)					
Spotty Dogs					
Body claps					
YOGA POSE (Butterfly)					
Mountain Climbers					
Line Jumps					
YOGA POSE (Triangle)					
Knees up					