

WR Daily Challenge Week 6

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

2. Flutter kicks- Lay with your back on the floor, lift one leg of the ground at a time, keeping your hands and back touching the floor at all times, can you do it faster?!

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. 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!



5. Body Claps- Standing still, clap in front of your body, and then behind. HOW MANY CAN YOU DO?!

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. 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!

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. 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!



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