

Year 10 Daily work out

Exercise	Time	Repetition
Running	30	Once
Skipping	2-5 min	Once
Push ups	—	5 sets of 20 reps
Sit ups	—	5 sets of 20 reps
Plank and both side plank	30-60 seconds	2-3 sets
Cobra stretch	30 seconds	Once
Spine lumbar twist stretch	30 seconds	Once

Don't forget to record your information so that you are able to look back and see your progress.

This can be changed to suit you if it is either too hard or too easy for you

I believe it is important to stay fit as it is good for your mind. It also gives you something to look forward to in the long run.

Handy tips

When skipping it's good to mix it up with two feet, one leg, alternating and even kriss kross if you can.



Doing push ups it is important to keep a straight back as it could cores injury's. some goes with planks and side planks.



Copra stretch



Spine lumbar twist stretch

