

# 7-DAY EXERCISE CHALLENGE **1** • ACTIVE WHILE SOCIAL DISTANCING

## WARM UP

Perform Starjumps / Jumping Jacks for 60 seconds

## • MAIN SET •

Perform 20 reps of each exercise (10 second rest)  
\* Perform plank for 20 seconds  
[EASIER: 10-15 reps | HARDER: 30 reps secs]

## STRETCH

Stretch for 2-3 minutes



**1** AIR SQUATS  
(OR MINI AIR SQUATS)



**2** SIT UPS  
(OR CRUNCHES)



**3** PUSH UPS  
(OR FROM THE KNEES)



**4** BRIDGES



**5** PLANK  
(OR STRAIGHT ARM OR FROM KNEES)



**6** STEP ONTO A CHAIR  
(OR STEP)