

Fitness

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This is a daily workout for you to get fit.



Do squats for 45
seconds
With a 15
second break



Do sit ups for 45
seconds
With a 15
second break



Do lunges for 45 seconds
With a 15 second break



Do pushups for 45 seconds
With a 15 second break



Do the plank for 45 seconds
With a 15 second break



Do running on
the spot for 45
seconds with a
15 second
break

If this is too easy you can repeat it twice or
if it's too hard, reduce the times to
something more manageable.