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Try a Joe Wicks or any AT HOME Workout.	Complete 10,000 Steps in one day	Hold the Plank position for at least 1 minute Try this as a side Plank as well	40 Rep Challenge 40 sit ups, 40 press ups, 40 burpees, 40-star jumps!	Complete a 10-minute exercise routine that you have designed	Using any soft object, make 50 catches after throwing object above head	Go on a family walk for at least 10 minutes	If you have a dog take them on a long walk	Go on a Run for at least 5 minutes	Play one of your favourite songs and dance like nobody is watching
									
Complete 15,000 Steps in one day	Try a YouTube Yoga/Pilates or meditation Routine	Hold the Plank position for as long as you can and record your time. Can you beat 2 minutes?	Complete a 15-minute exercise routine that you have designed	Using any soft object or ball make 75 Keep me ups (you can catch in-between if you need)	Interval Sprints. Use an area to mark a distance and do 5 sprints with short rests in-between.	40 Rep Challenge 40 squats 40 lunges 40 crunches 40 step ups	Design a fun assault course in your garden and complete it 3 times!	Jump with 2 feet up your full set of stairs 3 times!	Go on a Run for at least 10 minutes

How many can you complete this week?

Complete 4 in a week – *well done!*

Complete 7 in a week – *excellent!*

Complete all the activities – *amazing!*

