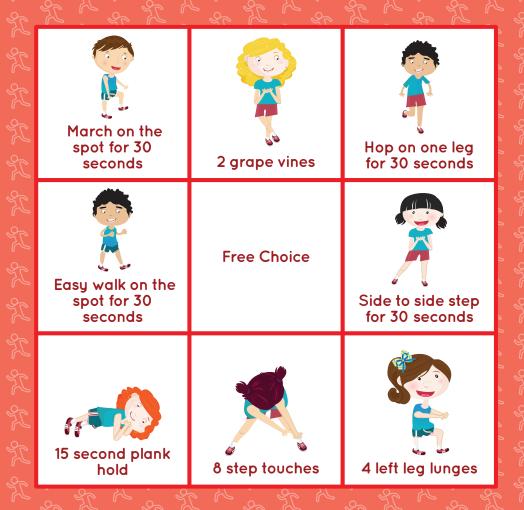
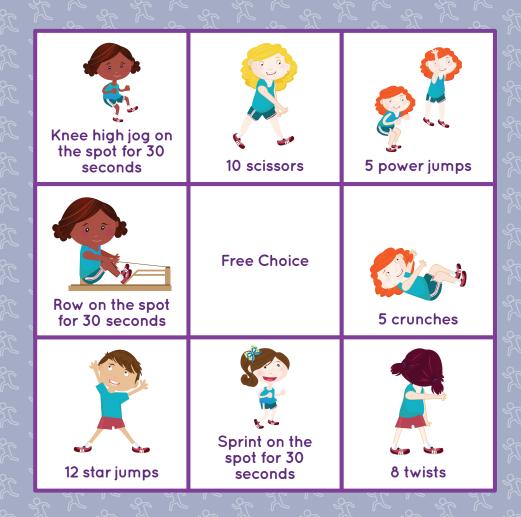




FIGNESS











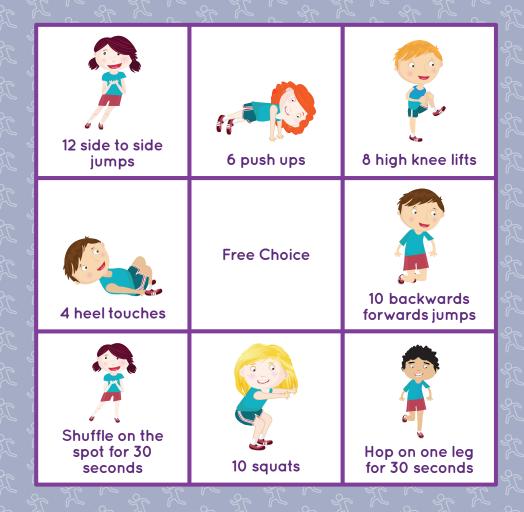


















Easy walk on the spot for 30 seconds



8 step touches



2 grape vines





10 backwards forwards jumps



15 second plank hold



4 left leg lunges



Hop on one leg for 30 seconds





Easy walk on the spot for 30 seconds











March on the spot for 30 seconds

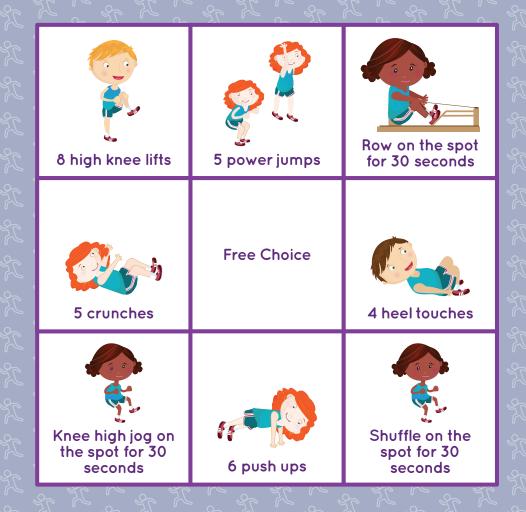


15 second plank hold



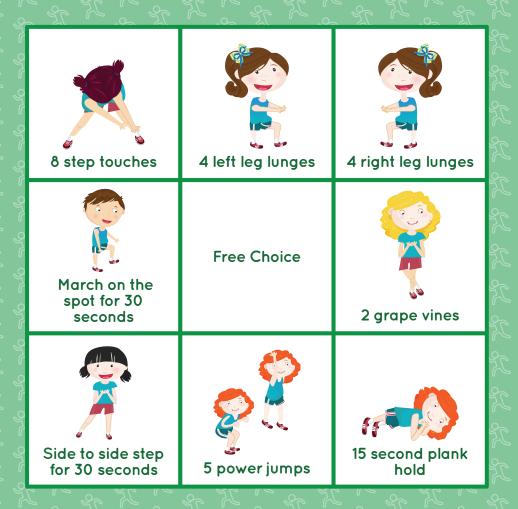
Side to side step for 30 seconds

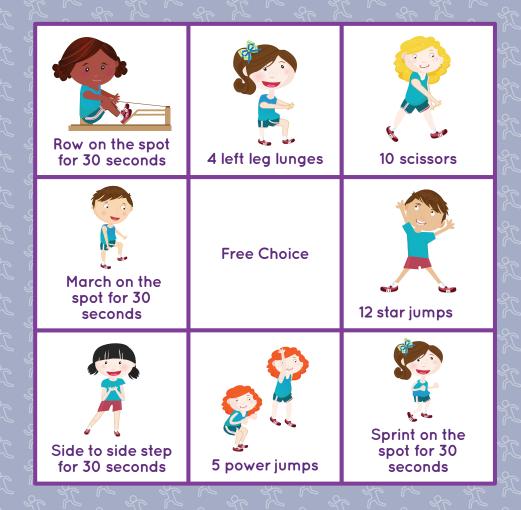














Row on the spot for 30 seconds



8 twists



10 scissors



5 crunches





12 star jumps



Knee high jog on the spot for 30 seconds



6 push ups



Sprint on the spot for 30 seconds

Fichess BINGO



4 heel touches



8 twists



8 high knee lifts



5 crunches





Free Choice



Shuffle on the spot for 30 seconds



Knee high jog on the spot for 30 seconds



6 push ups



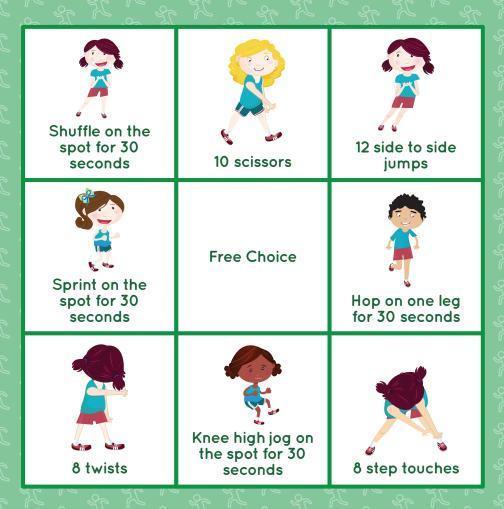
10 squats

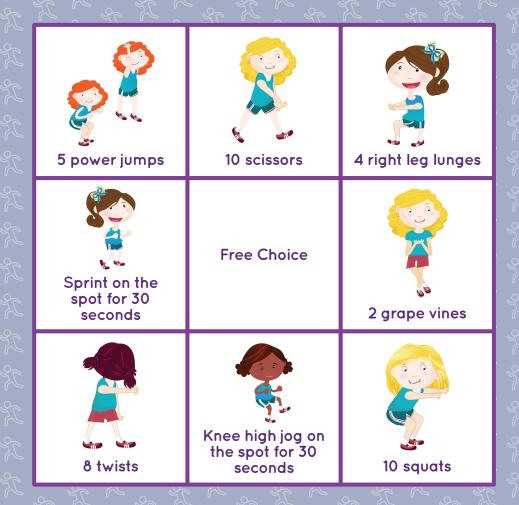


















4 right leg lunges



5 crunches





2 grape vines



March on the spot for 30 seconds





10 squats



Sprint on the spot for 30 seconds



12 side to side jumps



15 second plank hold



5 crunches





Free Choice



4 heel touches



March on the spot for 30 seconds



12 star jumps



Knee high jog on the spot for 30 seconds

10 Scissors	12 star jumps
5 crunches	Knee high jog on the spot for 30 seconds
Shuffle on the spot for 30 seconds	10 squats
Easy walk on the spot for 30 seconds	8 step touches
4 right leg lunges	March on the spot for 30 seconds

Sprint on the spot for 30 seconds

Free Choice

6 push ups

8 high knee lifts

12 side to side jumps

forwards jumps

15 second

plank hold

10 backwards

2 grape vines

or 5 power jumps

Side to side step for 30 seconds

8 twists	4 heel touches
Hop on one leg for 30 seconds	4 left leg lunges
Row on the spot for 30 seconds	