

FITNESS TASKS

5 situps



10 Starjumps



10 Step ups



10 Press ups



10 Press ups



10 Squats



20 second plank



20 high knees jog



Drink water



10 bicep curl



As many chin ups



10 deep breaths



20 Leg lifts



30 sec of stretches



Jog hall 10 times



Lift this



Flex in this mirror



30 Skips



3 Roly poly



10 Hulas

