**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

You will work with a buddy who will count and support you through each exercise. Each exercise you will do for one minute then swap over.

|  |  |  |
| --- | --- | --- |
| **Exercise** | Result or Time- first attempt | Result or Time- first attempt |
| **Burpees** - with a jump |  |  |
| **Press ups -**  Toes or Knees |  |  |
| **Squat Jumps**  Floor or bench |  |  |
| **Skaters** |  |  |
| **Plank**  Hands and toes  Elbows and toes | Time |  |
| - Run to rugby club and back | Time: |  |