

# SSP FITNESS CHALLENGE

## SECONDARY PUPILS

HOW LONG WILL IT TAKE YOU TO COMPLETE THESE EXERCISES?

1. 50 BURPEES – CAN YOU TRY TO GET YOUR WHOLE BODY TO THE FLOOR EACH TIME?



2. 40 SIT-UPS

3. 30 LUNGES



4. 20 PRESS-UPS / PRESS-UPS ON KNEES

5. 10 MOUNTAIN CLIMBERS