Saint Ninian's Star Wars Challenge
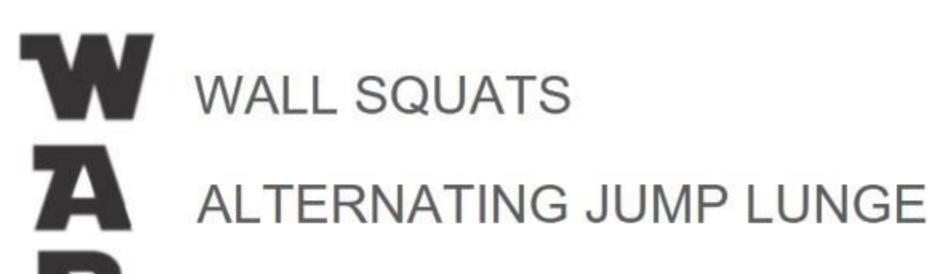
MAY THE 4TH BE WITH YOU
STAR WARS DAY

STAR WARS DAY

- To become a **Jedi** you must complete **100 reps** of each exercise and **record your time**.

- To defeat **Darth Vader** you must perform each exercise for **50 seconds** and **repeat 3 times**.

STAR WARS

- SQUATS
- TUCK JUMPS
- ABDOMINAL CRUNCHES
- REVERSE LUNGES

- WALL SQUATS
- ALTERNATING JUMP LUNGE
- RUSSIAN TWISTS
- SQUAT JUMPS

STAR WARS DAY

DISCLAIMER

Complete this lesson in a safe environment and free from any injury or illness.