

**BGE – STAY HOME Challenge**

**S**

- Squats x15

**T**

- Triceps Dips (on chair or sofa) x15

**A**

- Alternate Reverse Lunge x20

**Y**

- Y Jumps x15

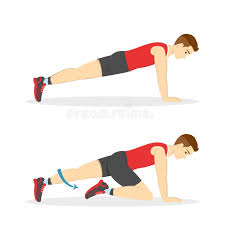
**H**

- High Knees x20

**O**

- Overhead shoulder circles X20

**M**

- Mountain climbers x20

**E**

- Explosive Star Jumps X15