

# COYLTON PRIMARY SCHOOL: CHILLI CHALLENGE WORKOUT

Choose one workout from the menu and start exercising. Use the 'Peri-ometer' to challenge yourself eg. extra mild = the easiest workout, extra hot = the most challenging workout. Put on some motivating music and begin! Use the internet to check any movements you are unsure of and remember to rest for up to 30 seconds in between rounds.



30 seconds of jumping jacks 20 burpees 30 second high knee sprint 20 squat thrusts 1 minute sumo hold <b>Repeat three times</b>	20 tuck jumps 20 bicycle crunches 30 second air punches 20 jump squats 1 minute of push ups <b>Repeat three times</b>	1 minute wall sit 20 squat thrusts 30 second high knee sprint 20 jumping lunges 1 minute of floor to sky <b>Repeat three times</b>
30 seconds air punches 20 push ups 10 tuck jumps 10 burpees 30 second reverse plank <b>Repeat three times</b>	30 seconds of mountain climbers 30 second high knee sprint 20 push ups 20 jumping lunges 30 seconds up and down plank <b>Repeat three times</b>	10 squat thrusts 20 squat kicks 20 bicycle crunches 20 jumping lunges 45 second wall sit <b>Repeat three times</b>
15 burpees 15 push ups 15 lunges (each leg) 30 second plank <b>Repeat twice</b>	25 star jumps 20 seconds of mountain climbers 20 second high knee sprint 30 second plank <b>Repeat twice</b>	20 sit ups 20 squats 10 squat thrusts 30 second plank <b>Repeat twice</b>
10 sit ups 10 squats 20 second high knee sprint 20 second plank <b>Repeat twice</b>	10 tuck jumps 10 burpees 10 sit ups 20 second plank <b>Repeat twice</b>	10 push ups 10 burpees 20 seconds heel kicks 10 lunges (each leg) <b>Repeat twice</b>