

Print this and give one to your pupils to take home

## 10-1 workout

Complete the exercises below:



- 10 x Burpees
- 9 x Tuck jumps
- 8 x Lunges
- 7 x Star jumps
- 6 x Press ups
- 5 x Touch your toes and jump up
- 4 x Sit ups
- 3 x Squats
- 2 minute run on the spot
- 1 minute plank

*Now have a go at making up your own exercise for 10-1!*

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