



# Health and Fitness

10 minute Challenge - Exercise Program



	Exercise	Sets	Reps	Rest
Cardio	Run	5	1 lap	1 minute
Muscular Endurance	Plank Jacks	2	20	1 minute
Muscular Endurance	Incline Push-Ups	2	10	1 minute
Flexibility	Standing Hamstring Stretch	2	10s	No Rest