



Body Systems

Class Challenge

Work in pairs

Exercise	Sets	Reps	Rest
Interval Training - Run	3	1 minute run	1 minute rest
Interval Training - Run	3	30 seconds run	1 minute rest
Push-ups	3	10	1 minute
Burpees	3	10	1 minute
Sit-ups	3	10	1 minute
Frozen V-sit	3	20 second hold	1 minute
Leg Stretch	2	10 seconds	10 seconds
Shoulder Stretch	2	10 seconds	10 seconds
Chest Stretch	2	10 seconds	10 seconds
Back Stretch (Cobra stretch)	2	10 seconds	10 seconds