

IZZY'S HOME WORKOUT

Hi Lanyon,

For our exercise we are going to do a challenge! If you can't do all it then keep on trying – even if this means you break it up into sections.

CHALLENGE!

We are going to do is a HUNDRED sit-ups.

WORKOUT!

For this work out you need an open running space (doesn't need to be huge). In total we will run around the space ten times.

Do your run five times and have a ten-twenty second rest then you can do the next five.

Once you have finished your 10 runs, either complete 20 lunges or a wall sit for 30 seconds.

Finally end the session with five – ten press-ups. If you cannot do press-ups work through another twenty sit ups! This means you would have completed hundred and twenty sit-ups!

Don't forget to cool down afterwards!

