

# 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!*