

15 MINUTE WORK OUT

To complete a work out, you must work for 30 seconds per activity with a 45 second break in between. Once all 4 activities are completed, you then have a 2 minute break. Complete the selected workout 3 times in total.

Things to think about:

- Ensure you firstly clear a space big enough to work out in.
- Make sure you have a stopwatch to use to time your activities.
- Remember, it is 30 seconds per activity with a 45 second break between each.
- If needed, keep your asthma pump close by.
- Think about what sorts of food you should be eating before and after working out.
- Are you drinking enough water?

With the speed bounce, use any soft object to jump over.

Workout 1

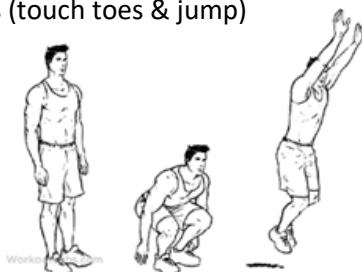


Workout 2

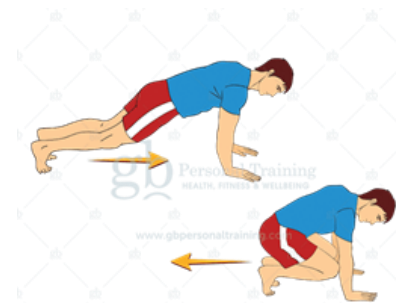


1. Star jumps

2. Frog Jumps (touch toes & jump)



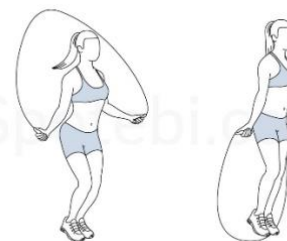
2. Squat thrusts



3. Speed bounce



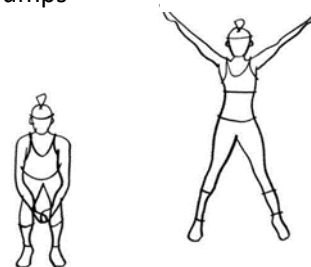
3. Skipping (without rope)



4. Running on the spot



4. Star jumps



1. Windmills