

Challenge 1

Yoga is great for relaxing but also great for toning muscles.

Try and hold each of the poses below for 10 seconds.

If you find it too easy, work your way up to 30 seconds for each pose.

Remember, when you get into the position, you have to then hold it very still for the whole time limit.



Challenge 2

This is very similar to challenge 1, but this time you have 9 yoga poses to hold.

Again, you can start with 10 seconds for each pose and then try working your way up to 30 seconds.

Some of these are far harder than challenge 1, and I certainly cannot do 2 of these. Can you guess which 2 I cannot do?



Challenge 3

Some of you may find yoga a little too relaxing, or if you are like me, you may find that you struggle to bend yourself into some of the positions.

For those of you who want to work up a sweat, here is a 15 minute circuit that you can do using nothing but your body weight.

Instructions			
 Warm up by jogging on the spot for 3 minutes.	 Perform each of the 5 exercises below. Complete as many reps as you can in 40 seconds, then rest for 20 seconds before moving on to the next exercise.	 Repeat the circuit twice.	 Cool down by stretching for 2 minutes.



Challenge 4

You were all amazing when we did circuit training in PE. These are very challenging to do if you work for the full 30 seconds flat out and then repeat 3 times.

There are 4 to try. Which one is the hardest?

If you are really up for a challenge, try doing all 4 circuits without stopping and then repeat that 3 times. If you can do that, you are a lot fitter than I am.

CIRCUIT 1 COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

:30 ALTERNATING LUNGES	:30 PLANKTUCKS	:30 REST
		
CIRCUIT 2	CIRCUIT 2	CIRCUIT 2
:30 PIKE PUSH UPS	:30 MOUNTAIN CLIMBERS	:30 REST
		
CIRCUIT 3	CIRCUIT 3	CIRCUIT 3
:30 TRIANGLE PUSH UPS	:30 BURPEES	:30 REST
		
CIRCUIT 4	CIRCUIT 4	CIRCUIT 4
:30 PLANK	:30 LEFT SIDE LATERAL PLANK	:30 RIGHT SIDE LATERAL PLANK
		