

Name: \_\_\_\_\_

Level	<u>Jump Jacks</u>		<u>Ab Curls</u>		<u>Prayer Squats</u>		<u>Press-ups</u>		<u>Star Jumps</u>	
	No.	Date	No.	Date	No.	Date	No.	Date	No.	Date
A	120		100		110		70		60	
B	114		92		105		62		57	
C	109		85		100		55		54	
D	104		80		95		49		51	
E	99		76		90		44		48	
F	94		72		85		39		45	
G	89		68		80		35		42	
H	84		64		75		32		39	
I	79		60		70		29		36	
J	74		56		65		26		33	
K	69		52		60		23		30	
L	64		48		56		20		28	
M	60		44		52		17		26	
N	56		41		48		14		24	
O	52		38		44		12		22	
P	48		35		40		10		20	
Q	44		32		36		8		18	
R	40		29		32		6		16	
S	36		26		28		4		14	
T	33		23		24		3		12	
U	30		20		20		2		10	
desc.	1		2		3		4		5	

Descriptions

- 1 feet double shoulder width, hands touching above head if possible
- 2 feet flat on floor, raise shoulder blades off the floor then back down again
- 3 low horse stance, feet turned slightly out (like a power squat), elbows inside the legs, hands up to side of head or 'praying' position. Aiming to get the thighs parallel with the floor, oscillate your glutes up and down 6 inches.
- 4 chest one fist width from floor, almost 'nose to floor'
- 5 bend knees, touch the floor, looking forward -then jump up and out into a 'star', land with feet shoulder width.