## 10-1 workout

Complete the exercises below:
$10 \times$ Burpees
$9 \times$ Tuck jumps
$8 \times$ Lunges
$7 \times$ Star jumps
$6 \times$ Press ups
$5 \times$ Touch your toes and jump up
$4 \times$ Sit ups
$3 \times$ Squats
2 minute run on the spot
1 minute plank


Now have a go at making up your own exercise for 10-1!

