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!