

KS3 Daily Exercise Challenge LOG: "The only bad work out is the one that didn't happen"

Week 1

	1	2	3	4	REST 2 MINS – DRINK WATER Hydration Has a major effect on energy levels and brain function!	5	6	7	8
MONDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SKI SIT Time: Band:	PLANK Time: Band:		PRESS UP Number: Band:	SPRINT ON THE SPOT Time: Band:	SQUATS Number: Band:	Sit Ups Number: Band:
TUESDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SQUATS Number: Band:	SKI SIT Time: Band:		PLANK Time: Band:	PRESS UP FULL OR HALF Number: Band:	SPRINT ON THE SPOT Time: Band:	Sit Ups Number: Band:
WEDNESDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SQUATS: Number Band:	Sit Ups Number: Band:		SKI SIT Time: Band:	PLANK Time: Band:	PRESS UP FULL OR HALF Band:	SPRINT ON THE SPOT Time: Band:
THURSDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SPRINT ON THE SPOT Time: Band:	SQUATS Number: Band:		Sit Ups Number: Band:	SKI SIT Time: Band:	PLANK Time: Band:	PRESS UP FULL OR HALF Number: Band:
FRIDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	PRESS UP FULL OR HALF Number: Band:	SPRINT ON THE SPOT Time: Band:		SQUATS Number: Band:	Sit Ups Number: Band:	SKI SIT Time: Band:	PLANK Time: Band:
SATURDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	PLANK Time: Band:	PRESS UP FULL OR HALF Number: Band:		SPRINT ON THE SPOT	SQUATS Number: Band:	Sit Ups Number: Band:	SKI SIT Time: Band:
SUNDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SKI SIT Time: Band:	PLANK: Time: Band:		PRESS UP FULL OR HALF	SPRINT ON THE SPOT Band:	SQUATS Number: Band:	Sit Ups Number: Band:

It is important to stretch properly before and after any exercise to avoid injury and to prevent DOMS (Delayed Onset of Muscular Soreness)

Each stretch should be held for 10-20 seconds. Choose a day as a rest day if you need it.

You must warm up before undertaking each days training - <https://www.verywellfamily.com/best-warm-up-exercises-for-kids-1257044>

Use the internet to research the correct technique for each exercise

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Week 2

	1	2	3	4	REST 2 MINS – DRINK WATER Hydration Has a major effect on energy levels and brain function!	5	6	7	8
MONDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SKI SIT Time: Band:	PLANK Time: Band:		PRESS UP Number: Band:	SPRINT ON THE SPOT Time: Band:	SQUATS Number: Band:	Sit Ups Number: Band:
TUESDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SQUATS Number: Band:	SKI SIT Time: Band:		PLANK Time: Band:	PRESS UP FULL OR HALF Number: Band:	SPRINT ON THE SPOT Time: Band:	Sit Ups Number: Band:
WEDNESDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SQUATS: Number Band:	Sit Ups Number: Band:		SKI SIT Time: Band:	PLANK Time: Band:	PRESS UP FULL OR HALF Band:	SPRINT ON THE SPOT Time: Band:
THURSDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SPRINT ON THE SPOT Time: Band:	SQUATS Number: Band:		Sit Ups Number: Band:	SKI SIT Time: Band:	PLANK Time: Band:	PRESS UP FULL OR HALF Number: Band:
FRIDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	PRESS UP FULL OR HALF Number: Band:	SPRINT ON THE SPOT Time: Band:		SQUATS Number: Band:	Sit Ups Number: Band:	SKI SIT Time: Band:	PLANK Time: Band:
SATURDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	PLANK Time: Band:	PRESS UP FULL OR HALF Number: Band:		SPRINT ON THE SPOT	SQUATS Number: Band:	Sit Ups Number: Band:	SKI SIT Time: Band:
SUNDAY	JOG ON SPOT Time: Band:	STRETCH ROUTINE	SKI SIT Time: Band:	PLANK: Time: Band:		PRESS UP FULL OR HALF	SPRINT ON THE SPOT Band:	SQUATS Number: Band:	Sit Ups Number: Band:

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