

Active Schools 'This or That' Workout Challenge

Build your own work out by choosing one exercise in each row of the 'This' or 'That' columns!

THIS	THAT
10 Burpees	10 Squats
5 Press Ups	5 Tricep Dips
30 secs High Knees	30 secs Heel Flicks
5 Sit Ups	5 Star Jumps
10 Lunges (Both legs!)	10 Hops (Both legs!)
30 secs Plank	30 secs Jog on the spot