

23.09.2020

# NATIONAL FITNESS DAY



#ACTIVESCHOOLSABERDEENSHIRE  
#FITNESSDAY

## National Fitness Day

23rd September 2020



As part of National Fitness Day 2020, we have created the **Top 10 Challenge!**

The challenge can be done indoors or outdoors with no equipment, so why don't you give it a go?

Check out our follow along video — <http://bit.ly/ASANFD>

Let us know how you get on by tagging **#fitnessday** and **#activeschoolsaberdeenshire**, or by completing a **#fitness2me** card!

## Top 10 Challenge

Can you complete all 10 exercises?

1. Running on the spot (15 seconds)
2. Star Jumps x 10
3. Standing lunges (5 on each leg)
4. Squats x 10
5. Jumping on the spot (15 seconds)
6. Balance on one leg (15 seconds)
7. Side lunges (5 on each leg)
8. Frog Jumps (10 seconds)
9. Hop on the spot (10 on each leg)
10. High knees (15 seconds)

