

Keep Fit Counting Challenge

10 stretches across your body



9 forward lunges (use both legs)



8 star jumps or jumping jacks



7 abdominal crunches



6 bridge lifts (keep head and shoulders on the floor)



5 superman lifts



4 Push ups



3 squats



2 second plank



1 Tree pose (for 5 seconds)



Congratulations!