



Active Academy

FITNESS FOR ALL

EXERCISE CHALLENGE

EXERCISE TARGET RESULT 1 RESULT 2

JOG			
JUMPING JACKS			
MOUNTAIN CLIMBERS			
BURPEES			
SQUAT JUMPS			
SKATERS			
JOG ON SPOT & PUNCH			
SIDE JUMPS			

TAKE THE CHALLENGES 2 WEEKS APART
RECORD YOUR RESULTS (DISTANCE & REPS)
REMEMBER TO WARM UP AND COOL DOWN

www.activeacademy.ie