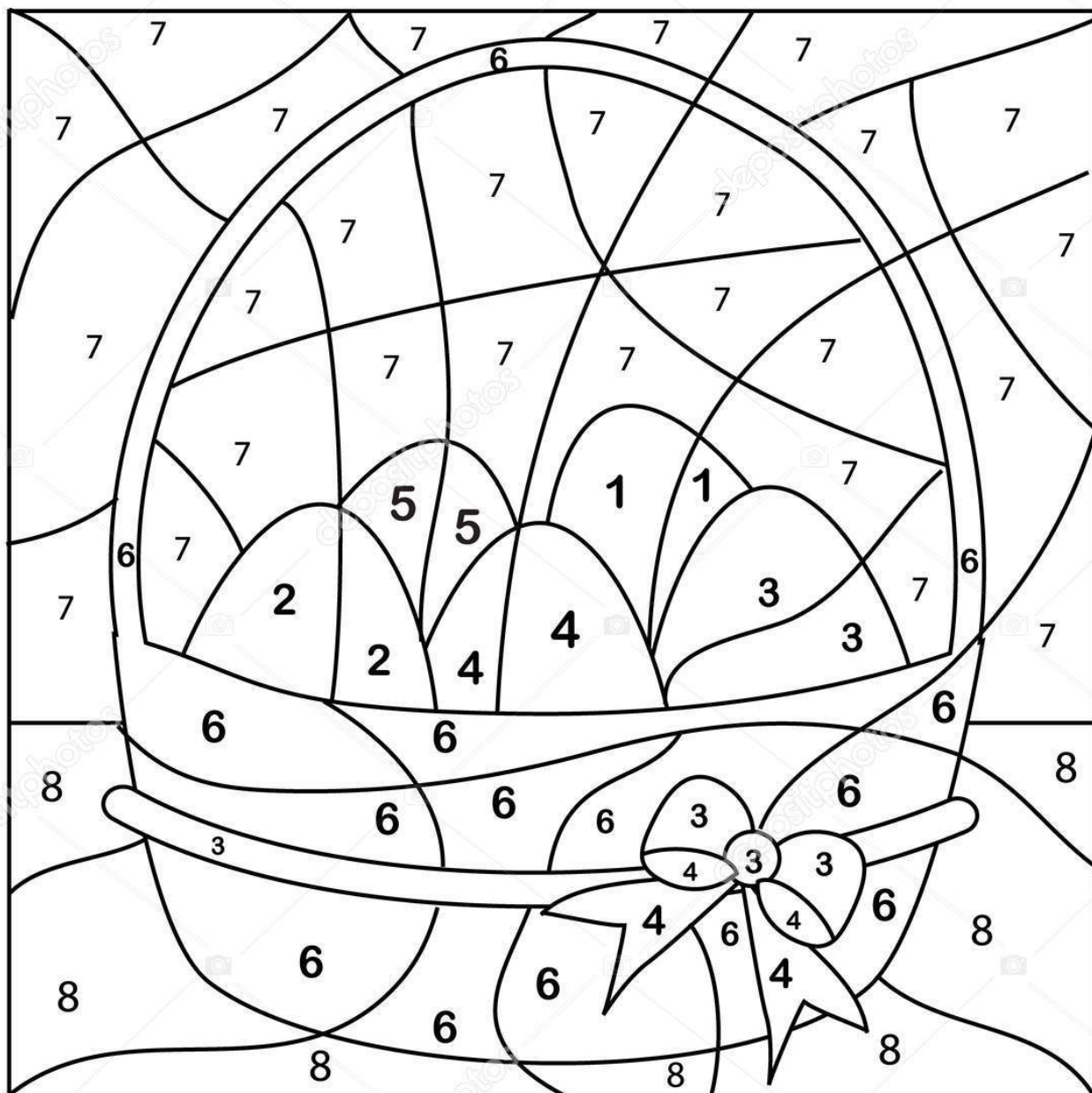


- 1 – 5 Press-ups
- 2 – 5 Burpees with half turn jump
- 3 – 10 Ankle raises
- 4 – 10 Shoulder shrugs in front support shape
- 5 – 5 leg raises in pike sit
- 6 – 5 'V' Sits
- 7 – 10 squats with feet together
- 8 – 10 arch chest raises (laying on tummy)



Pick your own colours for this one

- 1 – 1 min front support hold
- 2 – 30 sec wall sit
- 3 – 30 sec arch hold (on tummy)
- 4 – 5 on each foot single leg ankle raises
- 5 – 30 sec dish hold
- 6 – 5 straddle 'V' Sits
- 7 – 5 squats with feet apart
- 8 – 10 arch leg raises (laying on tummy)



Pick your own colours for this one

- 1 – 10 Crunches
- 2 – 5 right leg forward raises to horizontal
- 3 – 5 left leg forward raises to horizontal
- 4 – 20s plank hold
- 5 – 10 arch rocks
- 6 – 50 jumping jacks

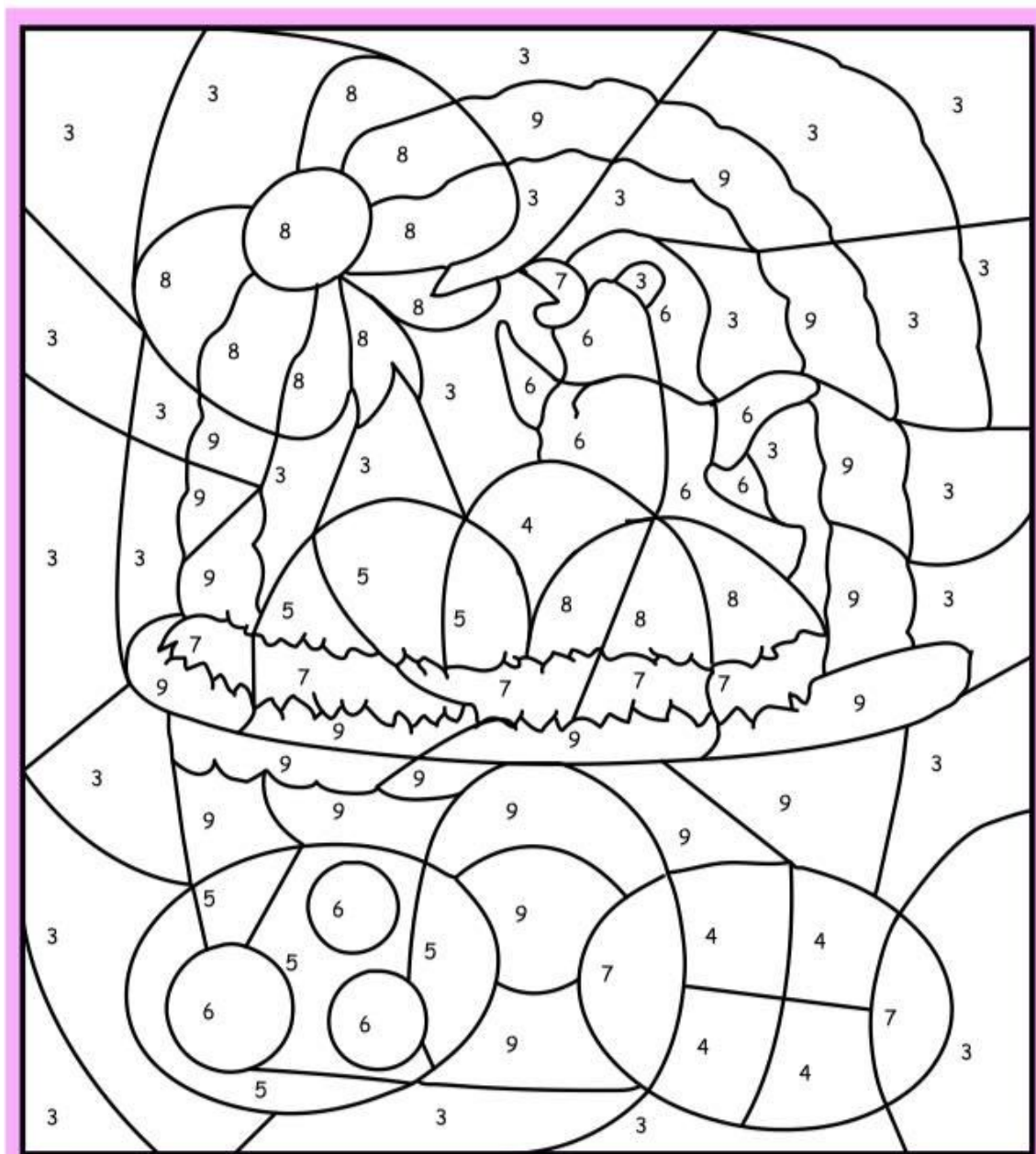
Color Key

- 1 = Brown
- 2 = Blue
- 3 = Yellow
- 4 = Pink
- 5 = White
- 6 = Orange
- 7 = Purple
- 8 = Green

HAPPY EASTER!



- 1 – 1 min Plank
- 2 – 10 press-ups
- 3 – 10 'V' Sits
- 4 – 10 straddle sit leg lift
- 5 – Rest
- 6 – 10 squat jumps
- 7 – 10 step lunges (alternate legs)
- 8 – 30s dish hold



Pick your own colours for this one

- 3 – 5 tuck jumps
- 4 – Straddle lever hold (max 10secs)
- 5 – 10 twist crunches
- 6 – 10 'Straddle' Sits
- 7 – 10 sit ups
- 8 – 30s front support hold
- 9 – 10 ankle raises