

Daily Challenge - PE and Maths #19

Number bonds to 50



Sit ups
22



Squats
33



Plank
17 Seconds



Instructions

Complete the 10 stage work out in any order using the number for reps or seconds

Match the exercise numbers so that each pair adds up to make 50

Repeat the work out reversing the numbers for each pair

Running on a spot
35 Seconds



Lunges
(alternate leg)
36



High jumps
7



Star jumps
28



High Knees
43



Press ups
14



V Sit
15 Seconds

