

Challenge Card Lesson 4

Challenge Number	What you will do	Your Score
Challenge 1	Double Thrusters– 30 seconds	
Challenge 2	Hops– 30 seconds	
Challenge 3	Rear kick, rear knee– 30 seconds	
Challenge 4	Side lunge left and side lunge right– 30 seconds	
Challenge 5	Mountain Climbers – 30 seconds	
Challenge 6	Front Kick, Front Knee- 30 seconds	
Challenge 7	Plank star jumps - 30 seconds	

