

# Challenge Card

Challenge Number	What you will do	Score 1	Score 2
Challenge 1	Jab Cross – 30 seconds		
Challenge 2	Kicks– 30 seconds		
Challenge 3	Upper Cuts– 30 seconds		
Challenge 4	Knees – 30 seconds		
Challenge 5	TBE – 30 seconds		
Challenge 6	Squats -30 seconds		