

# Point 1

30 x Star jumps

# Point 2

30 x Spotty dogs

# Point 3

10 x Burpees

# Point 4

30 x High knees

# Point 5

Run on the spot  
for 1 minute

# Point 6

Hold a plank  
position for 20  
seconds

**Point 7**  
Balance on 1 leg  
for 1 minute  
then swap over  
and repeat

**Point 8**  
Skater hops x 30  
hopping from one  
leg to the other

# Point 9

50 x Jab cross  
(punching out  
in front)

# Point 10

Sprint on the spot  
for 30 seconds