

Stay Active Challenge



**We all know the importance of keeping ourselves active.
Healthy Body = Healthy Mind = Healthy and Happy you**

Tennis Ball Challenge

#staycoordinated

Stand a 1.5m distance from the wall and see how many times in one minute you can throw and catch the ball. It doesn't matter if you get 10 or 110, just give it a go. See if you can do it once a day for a week and compare your progress.

Flying Angel Challenge:

#ittakestwo

You have to do this with someone! Adopt the following yoga pose/balance and see if you can hold it for 15 seconds.

Go Expert - Can the top person do this with no hands?



Press Up Challenge:

#bestrong

Complete as many press ups as you can in 30 seconds.

See if you can do it once a day for a week and compare your progress.

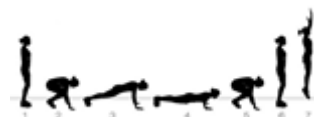
All variations of press ups are allowed.

Burpee Challenge:

#mindovermatter

Complete as many Burpees as you can in 30 seconds

See if you can do it once a day for a week and compare your progress.



Circuit Session

10 x Squats
10 x Lunges
10 x Press ups
10 x Burpees
10 x Squat Jumps
10 x Tuck Jumps

Finish with 2 minute run
(5 metre run with down and up every 5 metres)

Level 1 - Repeat 3 times
Level 2 - Repeat 4 times
Level 3 - Repeat 6 times

Core Session:

10 x sit ups
30 sec - side plank
30 sec - normal plank
30 sec - supermans
30 sec - pelvic raises



Running Sessions:

20 min light jog

25 mins Interval Session
(30 sec run, 15 sec jog, 15 sec walk repeat)

20 mins Interval Session
(15 sec run, 15 sec rest x 10 then rest for 2 mins x 5 sets)

Share your progress on Twitter:  @BMS_SPORT