

# WR Daily Challenge Week 5

Find us on YouTube for extra help- WR SPORTS LTD

How many in 45 seconds?!	Mon	Tues	Weds	Thurs	Fri
Heels to Bums					
Knees up					
YOGA POSE (Warrior 1)					
Star Jumps					
One leg hops					
YOGA POSE (Butterfly)					
Arm Circles					
Sit Ups					
YOGA POSE (Tree)					
Jogging on the spot					