

# 7-DAY EXERCISE CHALLENGE **2** • GET MOVING!

## WARM UP

Perform an aerobic exercise for 60 seconds  
(star or jumping jacks, running in place, or marching on the spot)

## MAIN SET

Complete 3 rounds/sets of the exercises shown below:

- perform 15 reps of each
- perform 9 reps of each
- perform 6 reps of each

(modified versions are in parentheses)

## STRETCH

Stretch legs / arms for 2-3 minutes  
(see Facebook group for stretch descriptions)



### STANDARD SET

<b>15</b> REPS	.....>
<b>9</b> REPS	.....>
<b>6</b> REPS	.....>

### EASIER SET

<b>12</b> REPS
<b>8</b> REPS
<b>4</b> REPS

### HARDER SET

<b>21</b> REPS
<b>15</b> REPS
<b>9</b> REPS