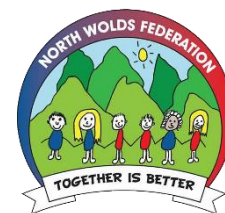


North Wolds Fed

Workouts and Skill Challenges



All of the workouts below should be done as quickly as you can but always making sure that you complete the movements properly and safely.

All of these can be done inside.

Always warm up first!

For the Skill Challenges work with people at home and try improving your scores.

Don't forget to share your workouts and achievements with us, we want to know how everyone is getting on! @northwoldsfed

Day	Workout	Skill Challenge
Monday 20/07/20	3 rounds 20 Torso twists 20 Down ups 20 Mountain Climbers	Sock darts Set up some empty pop bottles on any raised ledge; try to hit the bottle using the throwing action as if you are playing darts. See how many you can get in a row! Video it and tweet it to @northwoldsfed
Tuesday 21/07/20	4 rounds 30 lunges 10 burpees 30 seconds Jog	Long Jump Set up an area in which you can take a run up to perform a long jump, make sure you mark out a place where you can consistently jump from. Have an item in your hand where you can mark where you land; this could be a cone or a ball. Remember keep your balance or you may lose vital distance! Video it, tell us your scores and tweet it to @northwoldsfed

Have fun, stay safe and enjoy yourselves!

North Wolds Federation P.E