**10 min Fitness**

Name: Target HR (10sec):

Round 1: (Warm Up) Do each exercise for 30seconds. Time will start when most people are ready to go. When we are finished we will check our heart rates.

Round 2: Do each exercise for 60seconds. Time will start when most people are ready to go. When we are finished we will check our heart rates.

**NOTE**: Do **Side planks** on each side for ½ the time given (15sec/30sec)

**NOTE**: Do as many as you can, or hold as long as you can, then rest for 10sec and continue.



“Skipping”

Isometric Squat

Jump Lunge

Super Skaters

Burpees

Supermans

Military Push Up

Mountain Climbers

Twisting Plank