

# Family Fun

## Cardio Challenge

This challenge only takes ten minutes of your time and it's great way to be competitive as family! Who gets the bragging rights is decided by you. Follow each exercise with no rests in between.



### 1. Jog On The Spot

Jog on the spot for 1 minute



### 2. Balance On One Leg

Swap legs after 30 seconds



### 3. Frog Hop Squat

Frog Hop Squat for 1 minute



### 6. Plank

Plank for 30 seconds



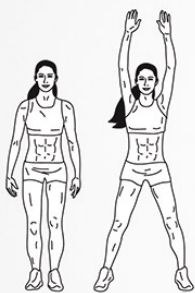
### 5. High Knee March

High knee march for 1 minute  
as fast as you can



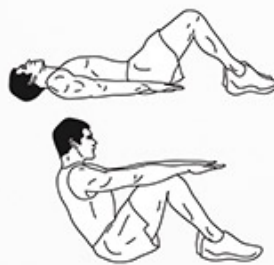
### 4. Squat Hold

Squat hold for 1 minute



### 7. Star Jumps

Do star jumps for 1 minute



### 8. Sit Ups

Do as many sit ups as  
you can for 1 minute

**See who can  
complete the circuit  
the most times!**