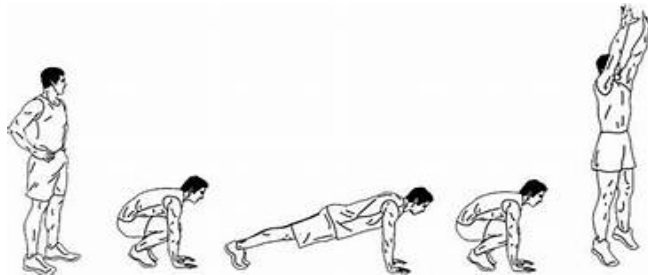


BE BETTER CHALLENGE 1: BASIC EXERCISES

1. BASIC BURPEES

Squat thrust legs out behind you & then back in with a vertical jump in between each squat thrust



2. PRESS UPS

Version 1: Harder

Full Press Up On Toes



Version 2: Easier

Half Press Up On Knees



BOTH MUST HAVE A STRAIGHT BACK (SUCK ABS IN)

3. SQUAT THRUSTS

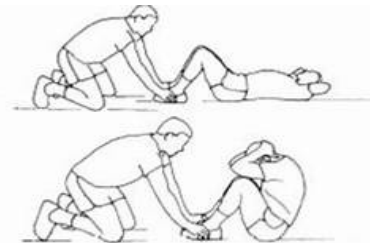
From a squat position thrust legs out behind you whilst keeping the body in a press up position & back in to starting position



4. SIT UPS

Version 1: Harder

Full Sit Up



Version 2: Easier

Abdominal Crunches (1/2 Sit Up)



BOTH REQUIRE ENGAGING 'TIGHTENING' OF ABDOMINAL MUSCLES (PUSHING LOWER BACK TO THE FLOOR) TO INITIATE UPWARD BODY MOTION. ASSIST HOLDING FEET IF REQUIRED