MARTIAL FITNESS LONDON

BE BETTER CHALLENGE 1: BASIC EXERCISES

Working together to get you fitter, stronger & more flexible - it's not about being better than anyone else, it's about how much better YOU get!

HOW MANY CAN YOU DO!

The aim is to measure/record each exercise starting from the base level (Day 1), & focus on increasing your level slowly but consistently. It doesn't matter where you begin, it's about how much better you get using good technique. Start with 30 seconds, & extend the time period once it becomes too easy & to increase endurance. Good luck!

My name is : _____

DATE	TIME PERIOD (SECS). 30 / 45 / 60	BURPEES	PRESS UPS	SQUAT THRUSTS	SIT UPS / ABDOMINAL CRUNCHES