



# 'Reps across the world' fitness challenge!



**Task:** Your task is to select a distance between one location to another and complete the distance of air miles in repetitions or seconds of specific exercises!

Firstly, you need to select one of the challenges below. Once you have done this, you will have the whole week to complete the specified number of exercises, this will equate to the air miles to get you to your destination! The further you choose to travel; the more repetitions of exercises you will need to complete to get there! Remember, you can complete these exercises in your own time across the week, you can also split them up however best suits you. Good luck!

## Bronze challenge:

London to Paris



(214 air miles)



- 12 Burpees
- 10 sit ups
- 12 Squats
- 12 Press ups (on knees)
- 10 Tricep dips (with use of a chair)
- 12 Jump Squats
- 10 leg raises
- 12 Lunges
- 10 Mountain Climbers
- 12 Jumping Lunges
- 12 Star Jumps
- 30 second Wall Sit

## Silver challenge:

Sydney to Brisbane



(467 air miles)



- 36 burpees
- 30 sit ups
- 35 squats
- 30 press ups (on knees)
- 30 tricep dips (with use of a chair)
- 35 jump squats
- 30 leg raises
- 35 lunges
- 30 mountain climbers
- 35 jumping lunges
- 36 star jumps
- 35 second wall sit
- 35 second plank on hands
- 35 second plank on elbows

## Gold challenge:

New York city to Chicago



(714 air miles)



- 54 burpees
- 50 sit ups
- 35 squats
- 50 press ups (on knees)
- 50 tricep dips (with use of a chair)
- 55 jump squats
- 50 leg raises
- 55 lunges
- 50 mountain climbers
- 55 jumping lunges
- 55 star jumps
- 45 second wall sit
- 45 second plank on hands
- 45 second plank on elbows

## Platinum challenge:

Tokyo to Shanghai



(118 air miles)



- 70 burpees
- 67 sit ups
- 70 squats
- 67 press ups (on knees)
- 67 tricep dips (with use of a chair)
- 70 jump squats
- 70 leg raises
- 70 lunges
- 67 mountain climbers
- 70 jumping lunges
- 70 star jumps
- 60 second wall sit x 2
- 60 second plank on hands x 2
- 60 second plank on elbows x 2