



	<b>Core Exercises</b>	<b>Cardio Exercises</b>	<b>Upper Body Exercises</b>	<b>Lower Body Exercises</b>	<b>Work/Rest Time</b>
<b>Platinum</b>	Bicycle Crunch Plank Sit Ups Toe Taps	Burpees Mountain Climbers Star Jumps High Knees	Press ups Bicep Curls Arm Circles Up-down plank	Squats Tuck Jumps Lunges Wall Sit	<b>Work Time</b> 1 minute OR 30 repetitions  <b>Rest time between sets</b> 30 seconds
<b>Gold</b>	Bicycle Crunch Plank Sit Ups Toe Taps	Burpees Mountain Climbers Star Jumps High Knees	Press ups Bicep Curls Arm Circles Up-down plank	Squats Tuck Jumps Lunges Wall Sit	<b>Work Time</b> 40 seconds OR 25 repetitions  <b>Rest time between sets</b> 40 seconds
<b>Silver</b>	Bicycle Crunch Plank Sit Ups Toe Taps	Burpees Mountain Climbers Star Jumps High Knees	Press ups Bicep Curls Arm Circles Up-down plank	Squats Tuck Jumps Lunges Wall Sit	<b>Work Time</b> 30 seconds OR 20 repetitions  <b>Rest time between sets</b> 50 seconds
<b>Bronze</b>	Bicycle Crunch Plank Sit Ups Toe Taps	Burpees Mountain Climbers Star Jumps High Knees	Press ups Bicep Curls Arm Circles Up-down plank	Squats Tuck Jumps Lunges Wall Sit	<b>Work Time</b> 25 seconds OR 15 repetitions  <b>Rest time between sets</b> 1 minute



*"INCREASING PHYSICAL ACTIVITY THROUGH HIGH QUALITY PE & SPORT"*