



Enter The Jungle Fitness Camp



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Outback Mountain Climbers		Leech Lunges	
Crocodile Crunches		Deadly Deadlifts	
Plank of Perseverance		Tricep Dips of Doooooooooom	
BushTucker Burpees		Rotten Tomato Twists	
Kangaroo Kicks		Press Ups of Peril	
Star Squat Jumps		Screaming Sit Ups	



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Star Squat Jumps		Screaming Sit Ups	

Outback Mountain Climbers!



You will earn a star for every 10 seconds that you work!

10 Seconds =



20 Seconds =



30 Seconds =



If you need to stop during your 30 seconds of work you must shout I'm a celebrity get me out of here!

Crocodile Crunches!



**You will earn a star for every
10 seconds that you work!**

10 Seconds =



20 Seconds =



30 Seconds =



**If you need to stop during your 30
seconds of work you must shout I'm a
celebrity get me out of here!**

Plank of Perseverance!



OR



You will earn a star for every 10 seconds that you work!

10 Seconds =



20 Seconds =



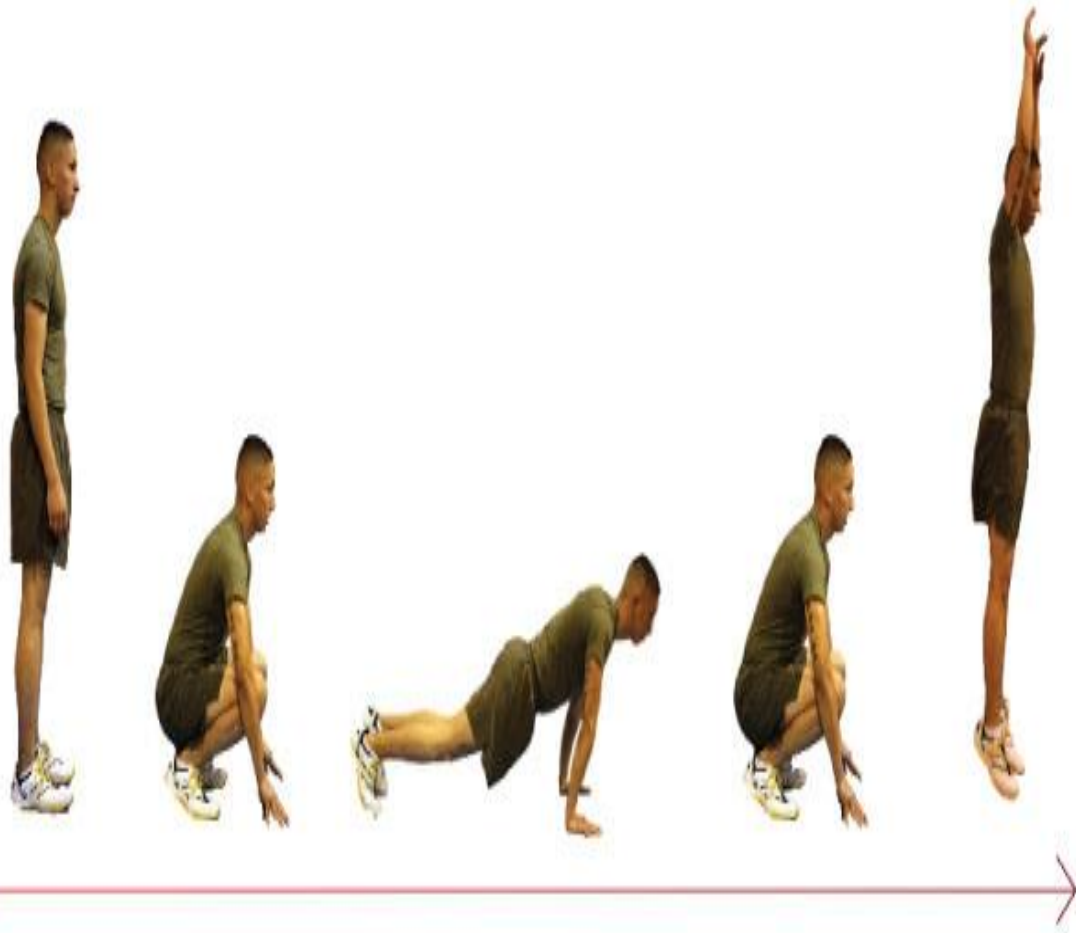
30 Seconds =



If you need to stop during your 30 seconds of work you must shout I'm a celebrity get me out of here!

BushTucker Burpees!

You will earn a star for every 10 seconds that you work!



10 Seconds =



20 Seconds =



30 Seconds =



If you need to stop during your 30 seconds of work you must shout I'm a celebrity get me out of here!

Kangaroo Kicks!

**You will earn a star for every
10 seconds that you work!**



10 Seconds =



20 Seconds =



30 Seconds =



**If you need to stop during your 30
seconds of work you must shout I'm a
celebrity get me out of here!**

Star Squat Jumps!

You will earn a star for every 10 seconds that you work!



10 Seconds =



20 Seconds =



30 Seconds =



If you need to stop during your 30 seconds of work you must shout I'm a celebrity get me out of here!

Leech Lunges!

**You will earn a star for every
10 seconds that you work!**



10 Seconds =



20 Seconds =



30 Seconds =



**If you need to stop during your 30
seconds of work you must shout I'm a
celebrity get me out of here!**

Deadly Deadlift!



You will earn a star for every 10 seconds that you work!

10 Seconds =



20 Seconds =



30 Seconds =



If you need to stop during your 30 seconds of work you must shout I'm a celebrity get me out of here!

Tricep Dips of Doooooooooom!

**You will earn a star for every
10 seconds that you work!**



10 Seconds =



20 Seconds =



30 Seconds =



**If you need to stop during your 30
seconds of work you must shout I'm a
celebrity get me out of here!**

Rotten Tomato Twists!

You will earn a star for every 10 seconds that you work!



10 Seconds =



20 Seconds =



30 Seconds =



If you need to stop during your 30 seconds of work you must shout I'm a celebrity get me out of here!

Press Ups of Peril!

**You will earn a star for every
10 seconds that you work!**



10 Seconds =



20 Seconds =



30 Seconds =



**If you need to stop during your 30
seconds of work you must shout I'm a
celebrity get me out of here!**

Screaming Sit Ups!

**You will earn a star for every
10 seconds that you work!**



10 Seconds =



20 Seconds =



30 Seconds =



**If you need to stop during your 30
seconds of work you must shout I'm a
celebrity get me out of here!**