Step Up



1 minute = 10 calories

Challenge: 14 calories at high intensity

Press ups



30 reps = 10 calories

Challenge: 30 Decline press up = 15 calories

Speed bounce



40 reps = 15 calories

Challenge: 40 tuck jump speed bounces = 20 calories

Sit ups

30 reps = 10 calories

Challenge: 30 crunches = 15 calories

Squats



40 reps = 15 calories

Challenge: 40 squat jumps = 20 calories

Mountain climbers



1 minute = 10 calories

Challenge: 14 calories at high intensity

Tyre flips



20 reps = 15 calories

Challenge: Jump in between tyre between reps: 20 reps = 20 calories.

Kettlebell swings



40 reps = 10 calories

Challenge: Add burpee between reps. 40 reps = 20 calories.

Box jumps



30 reps = 15 calories

Challenge: Add burpees. 30 reps = 25 calories.

**Churchmead Calorie Challenge**

|  |
| --- |
| Name: |
| Exercise | Reps / time | Calories |
| Press ups |  |  |
| Step ups |  |  |
| Speed bounce |  |  |
| Sit ups |  |  |
| Mountain climbers |  |  |
| Tyre flips |  |  |
| Kettlebell swings |  |  |
| Box jumps |  |  |
| Squats |  |  |