

**Jog for
30 seconds**

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30 seconds**

**Sprint for
10 seconds**

**Take 10 steps
backwards**

Do 5 bunny jumps

**Sprint for
10 seconds**

**Do 10
star jumps**

**Sidestep for
10 seconds**

**Stand on 1 leg
for 20 seconds**

**Skip for
20 seconds**

**Stand like a statue
for 30 seconds**

**Run on the spot
For 20 seconds**