

5 Minute Challenge



Get Set 4
Education

What you need: A little space and a stopwatch or clock.

How to play:

- You have 5 minutes – how many times can you complete this circuit?
- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats

How many times did you complete the circuit?

