

Fitness

Spelling Challenge: Muscular Endurance



The
exceed
Sport Programme

Objective:

To Improve your Muscular Endurance

Definition:

Muscular Endurance: The ability of a muscle or muscle group to undergo repeated contractions, avoiding fatigue/extreme tiredness.

GOLD

Complete 3 circuits spelling out your first name, middle name and last name. If you don't have a middle name use a parent or guardians name.

Silver

Complete 3 circuits spelling out your first and second name.

Bronze

Complete 3 circuits spelling out your first name.

Challenge: Spell out your name and do the exercises that correspond to each letter. You must try to complete your circuit three times. But you can rest between rounds.

A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Push-ups	Q = 30 Crunches
E = 1min Wall Sit	R = 15 Push-ups
F = 10 Burpees	S = 30 Burpees
G = 20 Arm Circles	T = 15 Squats
H = 20 Squats	U = 30 Arms Circles
I = 30 Jumping Jacks	V = 3min Wall Sit
J = 15 Crunches	W = 20 Burpees
K = 10 Push-ups	X = 60 Jumping Jacks
L = 2min Wall Sit	Y = 10 Crunches
M = 20 Burpees	Z = 20 Push-ups