

Challenge yourself with this quick workout!

1

5 V SITS



5 PUSH UPS



Repeat for 30 seconds

30 SEC REST

2

6 SQUATS



10 JUMPING JACKS



Repeat for 30 seconds

30 SEC REST

3

5 PLANK JACKS



7 LUNGES



Repeat for 30 seconds

30 SEC REST

Repeat 2 more times for a 9 minute workout.
Want more intensity? Swap rest for cardio!

For more workouts visit our website link
below or scan the QR code.
<https://app.education.nsw.gov.au/sport/Asset/File/4583>



NSW PSC 2022 10 WEEK CHALLENGE

Years 7-12 logbook



10 week Challenge

Student Name	_____
Year	_____
Team Name	_____



<https://app.education.nsw.gov.au/sport/psc>

Premier's Sporting
Challenge

More active,
more often



