**Challenge yourself to see if you can complete this week’s finishers each day and track your progress. Your total may not go up each day as muscle groups tire.**

**Mr Bessant’s Burpee Challenge**

Complete each set 5 times before moving to the next set with no rest between sets. Record the total number of burpees you manage on each day and then email me your scores. Go smash it ☺

**Set 1**

Burpees for 30 seconds followed by 1 minutes rest x 5

**Set 2**

Burpees for 20 seconds followed by 40 seconds rest x 5

**Set 3**

Burpees for 10 seconds followed by 20 seconds rest x 5

Let me know how you get on by asking an adult to email me on mrjsclosure@millrythe-jun.hants.sch.uk Title the email: Finishers