**Challenge yourself to see if you can complete this week’s finishers on 3 or 4 different days.**

Burpees x 35, 30, 25 (1 minute rest between sets)

Top dish hold 60 seconds

Leg touches x 30, 20, 10 (20 seconds rest between sets)

Top arch hold 60 seconds

Press ups x 2, 4, 6, 4, 2 (20 seconds rest between sets)

Plank 60 seconds

High ups on the spot – right and left leg x 20, 15, 10 (30 seconds rest between sets)

Rear support 60 seconds

Explosions (use the first step on the stairs) left and right leg x 25, 20, 15 (30 seconds rest between sets)

High knee sprints 30 seconds, 45 seconds, 30 seconds (30 seconds rest between sets)

Front support leg drives 30 seconds, 40 seconds, 30 seconds (30 seconds rest between sets)

Speed star jumps 30 seconds, 45 seconds, 30 seconds (30 seconds rest between sets)

Bear crawls – how far can you crawl before you need to rest?

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