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STARTFIT

1

50 SQUATS

(Thighs are parallel with the floor)

2

50 PRESS UPS

(Full or on knees)

3

50 SIT UPS

(Elbows must touch the knees)

4

50 BURPEES

(Chest must touch the floor)

HOW LONG DID IT TAKE YOU?

Up to 15 minutes: Excellent, Ready For Phase II

15-20 minutes: Good Effort, Try the Phase I+

Over 20 minutes: Well Done Nearly There, Try Phase I

RESTS:

Rest anytime but you must hold the plank position (active rest)