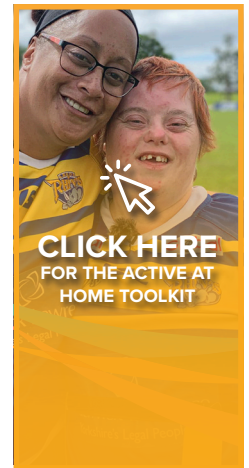




ACTIVE AT HOME

ROAD TO WEMBLEY

WEEK 10 CHALLENGE



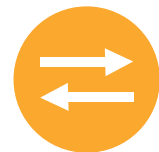
HOW TO..?

- The World Famous Challenge Cup Competition has in total 9 rounds.
- Can you set yourself 9 exercises each day.
- One for each round and get through to the final??
- Show us your workout plan!



REMEMBER

- Variety is the spice of life.
- Do different exercises every day.
- Keep things fresh and challenge yourself.



ADAPTATION

- Try and make it challenging by picking exercises that go together.
- Do different variations of exercises each day.

WEEKLY CHALLENGE LOG		RULES
<p>ROAD TO WEMBLEY Video it and let's see what exercises you are doing!</p>		<ul style="list-style-type: none"> • Set yourself 9 exercises each day to represent the different rounds of the challenge cup. • Do them throughout the day in whatever order you choose. • Try and do a different group of 9 exercises every day.