**Wheely Fit**

* Select a difficulty and complete each spin recording your workout as a tally in the table below.
* Please take a 10 second break between exercises.
* Put an **X** in the box next to the exercise as a tally to show how many times you get that option on the wheel

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| --- | --- | --- | --- | --- |
| **Exercise** | **Easy (20 spins)** | **Medium (35 spins)** | **Hard (40 spins)** | **Expert (50 spins)** |
| 10 star jumps |  |  |  |  |
| 20 sit ups |  |  |  |  |
| 1 min High knees |  |  |  |  |
| 15 press ups |  |  |  |  |
| 10 lunges |  |  |  |  |
| 1 minute heel touches |  |  |  |  |
| 15 squats |  |  |  |  |
| 20 burpees |  |  |  |  |
| 10 Mountain Climbers |  |  |  |  |
| 50 star jumps |  |  |  |  |
| 1 minute plank |  |  |  |  |
| 20 squat jumps |  |  |  |  |
| 15 crunches |  |  |  |  |
| Take an extra rest |  |  |  |  |