Daily Challenge - PE and Maths #26

Choose Your Route (Addition - Number patterns)

Level 1
Start here

5 Sit ups

8 Press ups

Level 2

16 Squats

17 Star Jumps

12 Lunges

Level 3

21 High Jumps

23 Two foot jumps

24 Jump Squats

28 Jumping Jacks

Level 4

60 Seconds Running on a spot

61 Seconds Bicep Curl

62 Seconds Ski Squat

Level 5

37 Seconds Plank

30 Seconds V-Sit

Instructions

Start at level 1
Pick an activity and complete

Repeat with each level

Add up your total workout (record)

Extra:
Can you complete a workout:

1. Biggest score possible
2. Smallest score possible
3. Using only even numbers
4. Using only odd numbers
5. Using only prime numbers