SHEET 1

Your exercise ships

	1	2	3	4	5	6	7	8
A	20 sec boxing	10 sit ups	10 sec plank	20 air kicks	5 v- ups			Jog 1 lap of the area
B								Jog 2 laps of area
C		20 sec cycling						30sec jog on spot
D		20 sec rope climb		20-star jumps				
E		10 lunges		15-star jumps				
F		15 burpees				10 v-ups		20 step ups
G					10 press ups			10 step ups
H				5 press ups				30 step ups
I	10 squats	20 squats						10 burpees

Enemy ships

	1	2	3	4	5	6	7	8
A								
B								
C								
D								
E								
F								
G								
H								
I								