SHEET 2

Your exercise ships

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

Enemy ships

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