

# FITNESS LEVEL 1 benchmark

COMPLETE ALL 4 EXERCISES BEFORE REST FOR THAT ROUND.

ATTEMPT TO COMPLETE EXERCISES BACK-TO-BACK.

EXERCISES MUST BE DONE IN ORDER, LEFT TO RIGHT.

KEEP WATER, ELECTROLYTES AND TOWEL CLOSE TO YOU.

PUSHUPS

15

LUNGES  
[EACH LEG]

15

UP-DOWNS

15

SQUAT JUMPS

15

4 EXERCISES

4 ROUNDS

20 MINS