

The Super Blast Challenge –

You will find the video for this Fitness Test on the Workout page under the Fitness test section. This workout is called Super blast challenge. The video will show you how to perform all of the exercises correctly.

Super Blast Challenge	10	9	8	7	6	5	4	3	2	1
10 press ups										
10 K-bell Curl to over head press										
<p>20 jumping jacks</p> <p>10 Forward Lunges</p> <p>15 Sit-ups</p>										
Now Record Your Time below										
	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date
Time of full workout										

Equipment: Kettlebell or a weight of some description

Time: 15-20 minutes

Aim: Complete all ten sets in the quickest possible time

Method: Example:

Set one: 10 Press ups – 10 curl press, 20 jacks, 10 lunges, and 15 sit-ups

Set two: 9 Press ups – 9 curl press, 20 jacks, 10 lunges, and 15 sit-ups

Set three: 8 Press ups – 8 curl press, 20 jacks, 10 lunges, and 15 sit-ups

As you can see from the chart, press ups and curl press go down by 1 repetition after each set, where as the other three exercises always remain the same.

Tick the box under each number after each complete set.

When you finish, record down your time and try to beat it in a future training session.