

Roller Coaster

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

EQUIPMENT: 1 dice, 1 coin.

TIME: 20 minutes

AIM: Set the best time possible

METHOD: **Round 1:** Roll the dice and complete the exercise that relates to the number rolled. (i.e. if you roll a 1 you complete exercise number 1)

Now flip the coin: Heads = 4 burpees, Tails = 8 burpees.

Complete the above drill for 8 rounds

EXERCISE	REPETITIONS
1. SQUATS	
2. PUSH UPS	
3. FULL SIT UPS	
4. LUNGES	
5. 20 SECOND PLANK	
6. HEEL TAPS	

Repetitions

Beginner: 10

Intermediate: 15

Advanced: 20

Time the event and see if you can beat it in a future training session.

