Lets keep fit and improve whilst stuck indoors; this can be done on your own or as a family for a bit of competitive fun!  
Note where you start and see where you can get to in the next couple of weeks.  
Remember don’t move on a level until you can do all aspects of the level you are on correctly with ease! If you need level 6 let us know :D

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|  | **Level 0** |  | **Level 1** |  | **Level 2** |  | **Level 3** |  | **Level 4** |  | **Level 5** |  |
| Flexibility | Frogs Legs |  | Straddle Stretch |  | Splits Centre 6inches or less |  | Splits Centre 6inches or less |  | Splits Centre 4inches or less |  | Splits Centre 4inches or less |  |
| Flexibility | Pre-forward bend |  | Forward bend 6inches or less |  | Forward bend 6inches or less |  | Forward bend 4inches or less |  | Forward bend 4inches or less |  | Forward bend 2inches or less |  |
| Flexibility | Cobra |  | Straight Hips Right & Left |  | Splits Right & Left 6inches or less |  | Splits Right & Left 6inches or less |  | Splits Right & Left 4inches or less |  | Splits Right & Left 4inches or less |  |
| Flexibility |  |  |  |  | Toes to head 6inches or less |  | Toes to head 6inches or less |  | Toes to head 4inches or less |  | Toes to head 4inches or less |  |
| Flexibility | Good Toes Naughty Toes |  |  |  | Articulated Good Toes Naughty Toes |  |  |  |  |  |  |  |
| Flexibility |  |  |  |  | Baby Scorpion Demo |  | Baby Scorpion 5 sec Right & Left |  | Half Scorpion 5 sec Right & Left |  | Half Scorpion 10 sec Right & Left |  |
| Strength | Plank Demo |  | Plank 10 sec |  | Plank 20 sec |  | Plank 30 sec |  | Plank 40 sec  Side Plank 40 sec |  | Plank 50 sec  Side Plank 50 sec |  |
| Strength | Superman Demo |  | Superman 10 sec |  | Superman sec |  | Superman 30 sec |  | Superman 40 sec |  | Superman 50 sec |  |
| Strength | Table Top Demo |  | Table Top 10 sec |  | Table Top sec |  | Table Top 30 sec |  | Table Top 40 sec |  | Table Top 50 sec |  |
| Strength | Wall Sit Demo |  | Wall Sit 10 sec |  | Wall Sit sec |  | Wall Sit 30 sec |  | Wall Sit 40 sec |  | Wall Sit 50 sec |  |
| Strength | Tuck Jumps x3 |  | V Sit Demo |  | V Sit 20 sec |  | V Sit 30 sec |  | V Sit 40 sec |  | V Sit 50 sec |  |
| Strength | Frog Jumps x5 |  | Hops x5 Right & Left |  | Upper Body Lifts x10 |  | Upper Body Lifts x20 |  | Upper Body Lifts x25 |  | Upper Body Lifts x30 |  |
| Strength | Straddle |  |  |  | Seated double leg hold Demo |  | Seated double leg hold 10 sec |  | Seated double leg hold 20 sec |  | Seated double leg hold 30 sec |  |
| Strength | Baby Bridge |  | Bridge |  | Bridge Waving/Retire |  | Bridge Walking |  | Bridge hold 40 sec |  | Bridge hold 50 sec |  |
| Your Own! |  |  |  |  |  |  |  |  |  |  |  |  |
|  | **Level 0** |  | **Level 1** |  | **Level 2** |  | **Level 3** |  | **Level 4** |  | **Level 5** |  |
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