

## Nandos HIIT challenge

	Core exercises:	Cardio exercises:	Upper body exercises:	Lower body exercises:	Work/rest time:
Platinum	Bicycle crunch Toe taps Russian twists Plank Sit ups	Burpees Mountain climbers Star jumps Air punches High knees	Push ups Bicep curls Arm circles Tricep dips Up-down plank	Squats Calf raises Wall sit Tuck jumps Lunges	<b>Work time:</b> 1 minute OR 30 repetitions  <b>Rest time between sets:</b> 30 seconds
Gold	Bicycle crunch Toe taps Russian twists Plank Sit ups	Burpees Mountain climbers Star jumps Air punches High knees	Push ups Bicep curls Arm circles Tricep dips Up-down plank	Squats Calf raises Wall sit Tuck jumps Lunges	<b>Work time:</b> 40 seconds OR 25 repetitions  <b>Rest time between sets:</b> 40 seconds
Silver	Bicycle crunch Toe taps Russian twists Plank Sit ups	Burpees Mountain climbers Star jumps Air punches High knees	Push ups Bicep curls Arm circles Tricep dips Up-down plank	Squats Calf raises Wall sit Tuck jumps Lunges	<b>Work time:</b> 30 seconds OR 20 repetitions  <b>Rest time between sets:</b> 50 seconds
Bronze	Bicycle crunch Toe taps Russian twists Plank Sit ups	Burpees Mountain climbers Star jumps Air punches High knees	Push ups Bicep curls Arm circles Tricep dips Up-down plank	Squats Calf raises Wall sit Tuck jumps Lunges	<b>Work time:</b> 25 seconds OR 15 repetitions  <b>Rest time between sets:</b> 1 minute



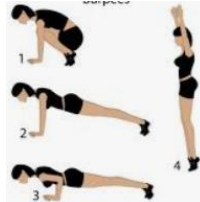
**Task:** Select a difficulty on the Nandos Peri-ometer scale, which also lines up with the challenge scale from Bronze to Platinum. Once you have chosen your difficulty, you should complete the HIIT (high intensity interval training) exercises in that colour, with the appropriate work and rest time. The more challenging the level, the more work time you get and also the less rest time, so make sure you chose a challenge that is appropriate for you!

**How to complete:** You can either split your workout into four sections; core, cardio, upper body and lower body, completing the exercises that work similar muscle groups all together before moving onto the next, or you can opt to make it easier and mix these up to avoid fatigue by putting them into an order of your choice.

Bicycle Crunch



Burpees



Push Ups



Squats



Toe Taps



Mountain Climbers



Bicep Curls

(If no weights then use an object eg. bottle of water)



Calf Raises



Russian Twists



Star Jumps



Arm Circles



Wall Sit



Plank



Air Punches



Tricep Dips



Tuck Jumps



Sit Ups



High Knees



Up-down Plank



Lunges

