

Build your Footballer Challenge

1 Star *



0 Burpees



30 Second Plank



Run/Walk 1km



10 Squat Jumps

2 Star **



20 Burpees



1 Minute Plank



Run/Walk 2km



20 Squat Jumps

3 Star ***



30 Burpees



1 Minute 30 Seconds Plank



Run/Walk 3km



30 Squat Jumps

4 Star ****



40 Burpees



2 Minute Plank



Run/Walk 4km



40 Squat Jumps

