

LIFETIME FITNESS

Mission Possible

Name:

You've got 3 minutes to complete the following mission.
If you're done before the time is up, perform High-5 Mindful Breathing.

# of Reps	Exercise
3	Get Down, Get Up
5	Sit Ups
5	Chair (couch) Sits
5	Triceps Dips
1	Touch 4 Walls
10	Lunges

INTENSITY QUESTIONS

How can you make this mission more intense?

How can you make this mission less intense?