

# Example Workout Challenge

## Day 1

10 Squats  
10 Star Jumps  
2 Burpees

## Day 2

15 Squats  
15 Star Jumps  
3 Burpees

## Day 3

20 Squats  
20 Star Jumps  
4 Burpees

## Day 4

25 Squats  
25 Star Jumps  
5 Burpees

## Day 5

30 Squats  
30 Star Jumps  
6 Burpees

## Day 6

35 Squats  
35 Star Jumps  
7 Burpees

## Day 7

40 Squats  
40 Star Jumps  
8 Burpees

## Day 8

45 Squats  
45 Star Jumps  
9 Burpees

## Day 9

50 Squats  
50 Star Jumps  
10 Burpees

## Day 10

55 Squats  
55 Star Jumps  
11 Burpees

## Day 11

60 Squats  
60 Star Jumps  
12 Burpees

## Day 12

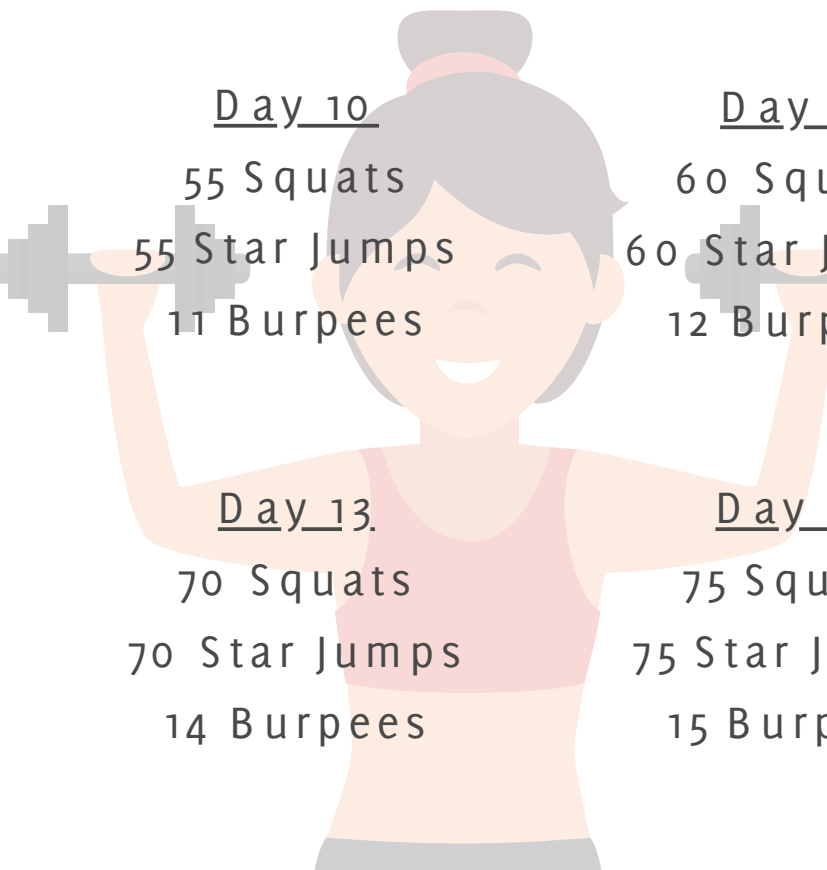
65 Squats  
65 Star Jumps  
13 Burpees

## Day 13

70 Squats  
70 Star Jumps  
14 Burpees

## Day 14

75 Squats  
75 Star Jumps  
15 Burpees



**WESSEX**  
CANCER TRUST