

## 15 MINUTE WORK OUT

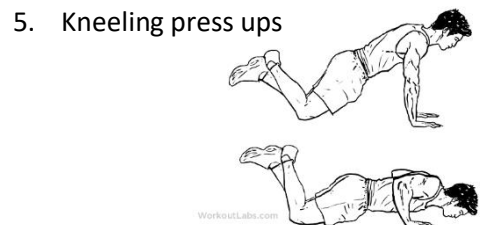
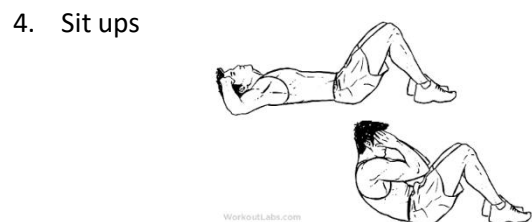
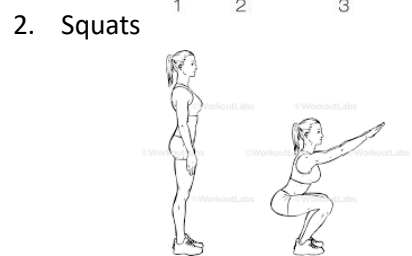
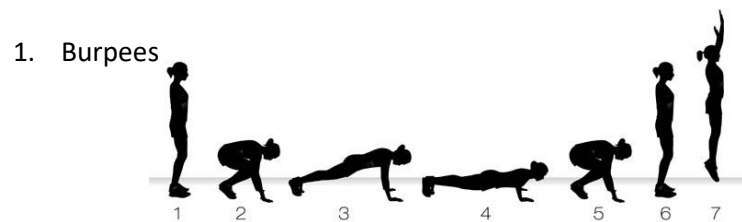
To complete a work out, you must work for 45 seconds per activity with a 30 second break in between. Once all 5 activities are completed, you then have a 2 minute break. Complete the selected workout 3 times in total.

Things to think about:

- Ensure you firstly clear a space big enough to work out in.
- Make sure you have a stopwatch to use to time your activities.
- Remember, it is 45 seconds per activity with a 30 second break between each.
- If needed, keep your asthma pump close by.
- Think about what sorts of food you should be eating before and after working out.
- Are you drinking enough water?



### Workout 1



### Workout 2

