

If you follow the above layout and the below instructions, you will have completed the Platinum Jubilee work out!

At each of the numbers there is a set of exercises to do. During the **E** you will do 70 press-ups, on the two **i**'s you will do 52 (as in 1952) crunches and 52 lunges, finally the **R** is 70 burpees!! Take your time and enjoy the feeling of having smashed this challenge!

(if you need to replace the exercises with something else, please do, just make sure you do 70 and 52 of them!)

Are you ready? Let's go!!!

1. Start here! Go to 2.
2. Do 10 press-ups and then proceed to 3
3. Do 10 press-ups and then proceed to 4
4. Do 10 press-ups and then proceed back to 3
5. Do 10 press-ups and then proceed to 5
6. Do 10 press-ups and then proceed to 6
7. Do 10 press-ups and then proceed back to 5
8. Proceed to 3
9. Proceed to 4
10. Back to 3
11. Back to 2
12. Back to 1 and celebrate with 10 press-ups!

Onto Abs and legs...

13. Proceed from 1 to 7
14. Proceed from 7 to 8
15. At 8 do 52 Crunches!
16. Proceed back to 7
17. Proceed to 9
18. Proceed to 10
19. At 10 do 52 Lunges!
20. Back to 9

On the final straight....

21. Proceed to 11
22. Do 10 burpees and proceed onto 12
23. Do 10 burpees and proceed onto 13
24. Do 10 burpees and proceed onto 14
25. Do 10 burpees and proceed onto 15
26. Proceed onto 16
27. Do 10 burpees and proceed onto 17
28. Proceed onto 18
29. Do 10 burpees and proceed onto 12
30. Do 10 burpees and sprint back to 18
31. Sprint down to 19
32. Hurrah you have finished!!!!!!

