# Level one

Fullbody: Make 5 jumping jacks

Arms: Make 5 push ups with arms close to each other

Legs: Make 8 lounges

Upperbody: Stand in plank for 20 seconds

Chest: Make 5 push ups with arms far from each other

Shoulders: Get down and crawl 5 meters

Abs: 15 sit ups

“Make 5 jumping jacks”, “Make 5 push ups with arms close to each other”, “Make 8 lounges”, “Stand in plank for 20 seconds”, “Make 5 push ups with arms far from each other”, “Get down and crawl 5 meters”, “ 15 sit ups”

# Level two

Fullbody: Make 7 jumping jacks

Arms: Make 10 push ups with arms close to each other

Legs: Make 20 lounges

Upperbody: Stand in plank for 40 seconds

Chest: Make 10 push ups with arms far from each other

Shoulders: Get down and crawl 7 meters

Abs: 25 sit ups

“Make 7 jumping jacks”, “Make 10 push ups with arms close to each other”, “Make 20 lounges”, “Stand in plank for 40 seconds”, “Make 10 push ups with arms far from each other”, “Get down and crawl 7 meters”, “ 25 sit ups”

# Level three

Fullbody: Make 12 jumping jacks

Arms: Make 20 push ups with arms close to each other

Legs: Make 30 lounges

Upperbody: Stand in plank for 1 minut

Chest: Make 15 push ups with arms far from each other

Shoulders: Get down and crawl for 10 meters

Abs: 40 sit ups

“Make 12 jumping jacks”, “Make 20 push ups with arms close to each other”, “Make 30 lounges”, “Stand in plank for 1 minut”, “Make 5 push ups with arms far from each other”, “Get down and crawl 10 meters”, “ 40 sit ups”

# Level four

Fullbody: Make 15 jumping jacks

Arms: Make 15 diamond pushups

Legs: Make 20 squats

Upperbody: Stand in plank for 1 ½ minut

Chest: Make 25 push ups with arms far from each other

Shoulders: Handstand for 20 seconds (against a wall is okay)

Abs: 50 sit ups

“Make 15 jumping jacks”, “Make 15 diamond pushups ”, “Make 20 squats ”, “Stand in plank for 1½ minut”, “Make 25 push ups with arms far from each other”, “Handstand for 20 seconds (against a wall is okay)”, “ 50 sit ups”

# Level five

Fullbody: Make 20 jumping jacks

Arms: Make 20 diamond pushups

Legs: Make 30 squats

Upperbody: Stand in plank for 2 minuts

Chest: Make 35 push ups with arms far from each other

Shoulders: Handstand for 40 seconds (against a wall is okay)

Abs: 60 sit ups

“Make 20 jumping jacks”, “Make 20 diamond pushups ”, “Make 40 squats”, “Stand in plank for 2 minut”, “Make 35 push ups with arms far from each other”, “Handstand for 40 seconds (against a wall is okay)”, “ 60 sit ups”