

# Body Transformation Challenge



## Rules:

- 1) Perform each exercise following the specific time given in the table below. Take a rest as suggested in the table before going to the next exercise.
- 2) Count how many reps you did for each exercise and record it. For V-seat freeze (Pilates), record for how many times you need to put down your legs, the less you put down your legs that is better.

	Round 1	Round 2	Round 3	Round 4
Time	20 sec each exercise, 10 sec rest	30 sec exercise, 10 rest	45 sec exercise, 15 sec rest	1 minute exercise, 15 sec rest
High knee sprint				
Jump switch lunge				
Squat jack				
Burpees				
Speed skater				
Pilates teaser				
Plyo push up				

- 3) This challenge must perform every Friday (Live with Ida) **or** Sunday (by your own) and record it in the Daily Tracker Sheet.
- 4) Send to me the complete Daily Tracker Sheet on Sunday together with your body measurements.
- 5) This time you work as a team. There is surprised for the team who win this challenge. InshaaAllah.

**GOOD LUCK!**