

'While the Kettle Boils' Challenge

TO BOIL 1 LITRE OF WATER, IT TAKES ON AVERAGE
2.5 MINUTES OR 150 SECONDS.



Option 1: Perform 5 exercises for 30 seconds each while the kettle boils

Option 2: If you boil the kettle 5 times per day, pick one exercise to perform each time

EXERCISES

Wall Press Up:



Chair Squat:



Knee Raise:



Shoulder Raise:



Alternating Hip Tap:



★ Green star indicates that you must remember to work both sides of the body