**Personal Best Challenge**

**Shopping list**

You have £1 to spend as quick as you can, see how many different ways you can spend it each week!

10 x Star Jumps - 10p

10 x Frog Jumps - 10p

20sec - Running on the spot - 10p

10 x Sit ups - 20p

10 x Squats - 20p

10 x Press Ups - 30p

10 x Burpees - 30p

30sec - Plank - 40p

Change the difficulty

Change the amount you need spend, add a pound on to your total each week to increase the difficulty.