

# 5 minute challenge

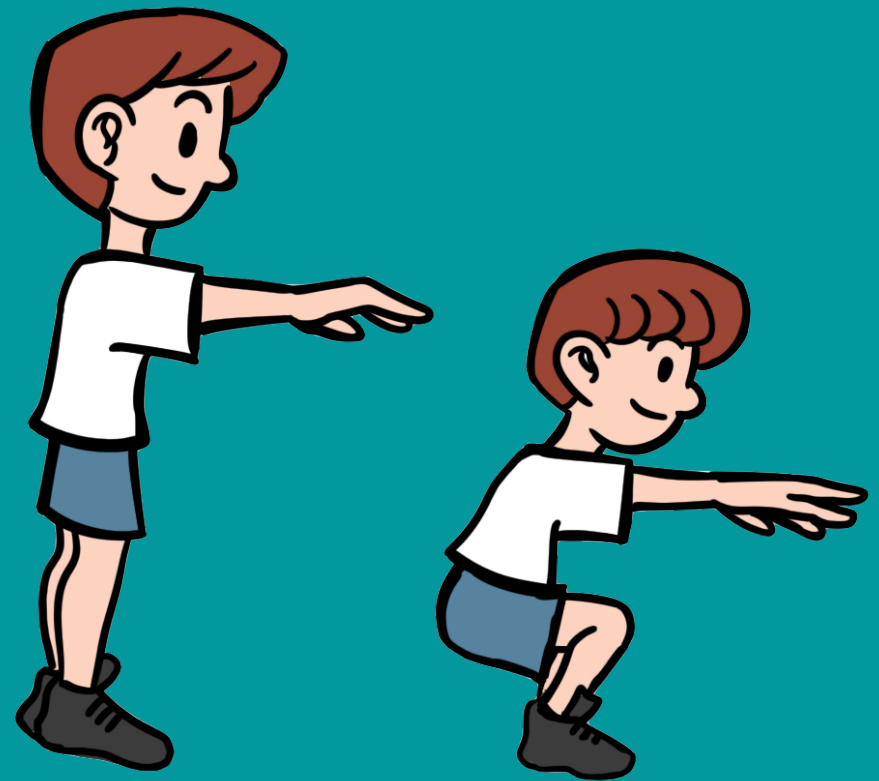


Get Set 4  
Education

**What you need:** A little space and a stopwatch or clock.

**How to play:**

- You have 5 minutes – how many times can you complete this circuit?
- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



**How many times did you complete the circuit?**