**Football Fitness Challenge**

Complete the following in as quick a time as possible

* Run 1km
* 30 x alternating lunges
* 30 x abdominal crunches
* Run 1km
* 30 x crab walks
* 30 x plank with alternating arm reach
* Run 1km
* 30 x squat jumps
* 30 x push ups
* Run 1km