### 5 DAY FITNESS CHALLENGE

**DAY 1 - SQUATS**
- Morning: 5 DAY FITNESS CHALLENGE DAY 1 - SQUATS with Charlie (Virtual class)
- Afternoon: 45 MIN VINYASA FLOW YOGA with NHS
- Evening: 25 MIN CIRCUITS #10 with Toby & Paul (Virtual class)

**DAY 2 - PUSHUPS**
- Morning: 5 DAY FITNESS CHALLENGE DAY 2 - PUSHUPS with Charlie (Virtual class)
- Afternoon: 25 MIN BEGINNER CIRCUITS 1 OF 4 with Toby & Paul (Virtual class)
- Evening: 10 MIN ZUMBA with Ivett (Virtual class)

**DAY 3 - HIP THRUSTS**
- Morning: 5 DAY FITNESS CHALLENGE DAY 3 - HIP THRUSTS with Charlie (Virtual class)
- Afternoon: 20 MIN CARDIO CORE with Jo (Virtual class)
- Evening: BRISTOL SU SPORTS AWARDS 7-8pm Facebook event

**DAY 4 - LUNGES**
- Morning: 5 DAY FITNESS CHALLENGE DAY 4 - LUNGES with Charlie (Virtual class)
- Afternoon: 25 MIN BODY BALANCE #2 with Charlie (Virtual class)
- Evening: 10 MIN REGGAETON TABATA with Ivett (Virtual class)

**DAY 5 - ARMS**
- Morning: 5 DAY FITNESS CHALLENGE DAY 5 - ARMS with Charlie (Virtual class)
- Afternoon: 45 MIN PILATES FOR BEGINNERS with NHS
- Evening: 25 MIN DANCEFIT with Charlie (Virtual class)

### 30 MIN PILATES MIXED ABILITY
- Morning: 30 MIN PILATES MIXED ABILITY with the girl with the pilates mat
- Afternoon: GET READY FOR THE REDS CONDITIONING WORKOUT with alumni Tom Mitchell
- Evening: REDS AWARDS 7-7:30pm Sign up to watch

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**These are only suggestions, they can be done at any time/day, and do as many/few as you like.**

- **bristol.ac.uk/sport**
- **@bristolunisport**
- **REMEMBER:** Keep safe & keep your distance when outdoors!