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| Exercise | Week 1 No. of repetition or seconds completed | | | Week 2 No. of repetition or seconds completed | | | Week 3 No. of repetition or seconds completed | | | Week 4 No. of repetition or seconds completed | | | Week 5 No. of repetition or seconds completed | | |
| Eg Burpees | 4 reps | 4 reps | 5 reps | 5 | 6 | 7 | 6 | 7 | 7 | 7 | 9 | 10 | 12 | 15 | 15 |
| Eg Running on the spot | 10 sec | 10sec | 12 sec | 12 secs | 15 secs | 15 secs | 20 secs | 20 secs | 22 secs | 25 secs | 30 secs | 25 secs | 30 secs | 30 secs | 30 secs |
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