		KANDERSTEG FITNESS PROGRAMME						
EXERCISE	**REPS**	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WARM-UP STRETCHES								
STEP UP RIGHT FOOT	1 X 20							
STEP UP LEFT FOOT	1 X 20							
SQUAT THRUSTS	1 X 20							
SIT UPS	1 X 20							
WALL SITS	TIMED (AIM FOR 2 MINS)							
PRESS UPS	1 X 20							
JOGGING ON SPOT	1 MIN							
KNEES UP JOG ON SPOT	30 SECS							
HEELS TO BUM JOG ON SPOT	30 SECS							
JOGGING ON SPOT	1 MIN							
WALK ON SPOT	1 MIN							
COOL-DOWN STRETCHES								