|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | BENCHMARK | RETEST 1 | RETEST 2 | RETEST 3 |
| Single Leg Squats (L) | **REPS** | **REPS** | **REPS** | **REPS** |
| Single Leg Squats (R) | **REPS** | **REPS** | **REPS** | **REPS** |
| Plyo Press Ups | **REPS** | **REPS** | **REPS** | **REPS** |
| Toe Touches | **REPS** | **REPS** | **REPS** | **REPS** |
| Plyo Lunges | **REPS** | **REPS** | **REPS** | **REPS** |
| Burpees | **REPS** | **REPS** | **REPS** | **REPS** |
| Transition Plank | **M: S:**  | **M: S:**  | **M: S:**  | **M: S:**  |

**CoVi Challenge by Focus 4 Fitness - Advanced Level:**

* Perform all exercises for 1 minute with no rest. The last exercise, *Transition Plank,* is held for as long as possible.
* No rest in between exercise except for writing down your score and resetting your stopwatch.
* Record your scores as you go along – we don’t want you forgetting.
* Keep this safe. Retest in 3-4 weeks and see how much you can progress in that time.
* Don’t forget to share your journey and your progress to win free training sessions!

**GOOD LUCK!!**