



Robert Proud
Fitness Coach



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THE BIG BATTLE PT KIDS CHALLENGE

JOIN US AND GET FIT AND READY FOR BATTLE

WEEK 1 - EACH EXERCISE FOR 1 MINUTE EACH DAY

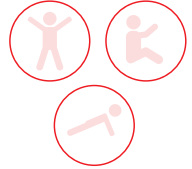
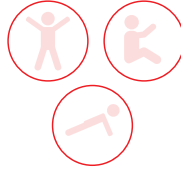
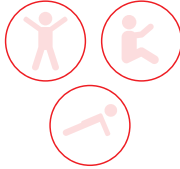
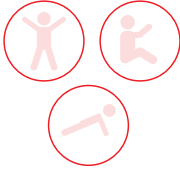
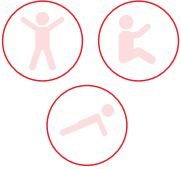
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



WEEK 2 - EACH EXERCISE FOR 1 MINUTE EACH DAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



EXPLOSIVE
JACKS



SIT
UPS



SQUAT
THRUSTS



SHOUT
AWOOOGA





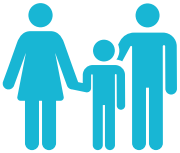
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JOIN US AND GET FIT AND READY FOR BATTLE



**GET FAMILY AND FRIENDS INVOLVED
PRINT THE CHART FOR FREE. **



**FREE PRIZE AND CERTIFICATE FOR ALL KIDS
VISIT MY SITE TO CLAIM YOUR PRIZE.**

WWW.ROBERTPROUDFITNESS.COM/KIDSFITNESS



**JOIN THE FACEBOOK GROUP
FOR HELP AND SUPPORT.**



**HOW TO DO EACH EXERCISE
FACEBOOK VIDEOS AVAILABLE**



**BATTLE PT KIDS SESSIONS
AVAILABLE FORTNIGHTLY**



PARENTS HEALTH ADVISE

PLEASE REMIND THE KIDS TO DO THEIR WARM UP, THEY HAVE THE FOOTWEAR AND CLOTHING AND HAVE ENOUGH SPACE. IF YOUR CHILD HAS ANY HEALTH ISSUES WHICH MAY PREVENT THEM FROM TAKING PART PLEASE CONTACT YOUR GP BEFORE STARTING THE PROGRAM