**PT CARD**

10- push-ups (regular)

10 push-ups (wide armed)

10 push-ups (diamond)

20 sit-ups

30 crunches

15 flutter kicks

2-50yd sprints

15 push-ups (regular)

15 push-ups (wide armed)

15 push-ups (diamond)

30 sit-ups

40 crunches

20 flutter kicks

4-50yd sprints