#StayInWorkOut Challenges

BPSS REPORTERS



**Date**: 11.6.20 **Challenge Completed**: Various



**Report Title: My daily workouts!**

It is the 80’th day of lockdown and I am still doing my daily exercise- come on and I can talk you through it…

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So first I go on an early morning dog walk usually at 8 ‘o clock, then I do my joe Wicks, then I go on another dog walk but longer for about 2 and a half hours, sometimes I go on a bike ride too! Then it is relaxing time, but I usually practice my headstands during relax time!

That is my daily exercise- Bye!

Also, guess what? My brother and I have walked more than Land’s End to John o Groats- Wow!

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