



Train like Dina Asher-Smith!



Sprinters need their muscles to work in **short, sharp, explosive bursts!**

For one Asher-Smith Newman point you will need to complete this workout:

10 seconds sprinting as fast as you can, 30 seconds walking,
10 seconds sprinting as fast as you can, 30 seconds walking.



Train like Harry Kane!



- Football players need their bodies to be agile and to work hard for a long time!
- For **one** Kane Newman point you will need to complete this workout:
 - Continuous running for 1 minute, 10 Space Rockets
 - Continuous running for 1 minute, 10 Space Rockets



Train like Serena Williams!



- Tennis players need their bodies to be agile and strong !
- For one Williams Newman point you will need to complete this workout:
- 2 shuttle sprints, 10 Star Jumps, 10 Squats
- 2 shuttle sprints, 10 Star Jumps, 10 Squats



Train like Max Whitlock!



- Gymnasts need their bodies to be **flexible and strong!**
- For **one** Whitlock Newman point you will need to complete this workout:
- 4 point balance for 5 seconds, 3 point balance for 5 seconds, 15 Shoulder touch press ups, 2 point balance for 5 seconds



Train like Steph Curry!



- Basketball players need to be able to throw with great accuracy!
- For one Curry Newman point you will need to complete this workout:
- Find something to make a target with (a bucket or a plastic bowl). Roll up some socks and take 6 steps back. See how many sock balls you can throw in your target!



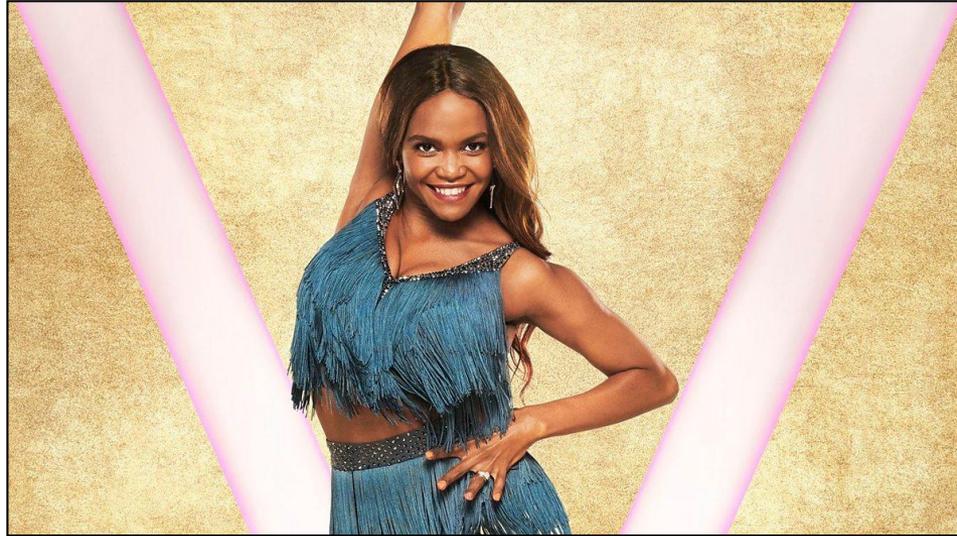
Train like Laura Muir!



- Distance runners need to be able to keep their body moving for a long time!
- For **one** Muir Newman point you will need to complete this workout:
- Either complete Star Jumps or run continuously without stopping for 3 minutes!



Train like Oti Mabuse!



- Dancers need to be able to keep their physically fit and creative!
- For one Mabuse Newman point you will need to complete this workout:
- Move your body to music without stopping for 1 minute!