

FANTASY FOOTBALL FITNESS - RED OR BLUE

Select a 5 a side Fantasy Football team from players listed below. In order to select a player and have them in your 5 a side team, you must complete the exercises that spell out the name. If you are playing with someone, do Rock, Paper, Scissors to decide who has first pick. After that it is the first player back who gets to pick next. Each player can only be selected once so think carefully who you pick first. You choose what formation you will play. Will you go with your head or your heart in picking your team?!

A	10 x HEEL KICKS	N	10 x ARM CIRCLES
B	5 x HOPS ON RIGHT LEG	O	4 x TURNING JUMPS
C	5 x LUNGES	P	2 x PENCIL ROLLS
D	10 x HIGH KNEES	Q	10 x ALTERNATE TOE TOUCHES
E	10 x BUNNY HOPS	R	10 x STAR JUMPS
F	10 x SIDE STEPS (5 TO RIGHT, 5 TO LEFT)	S	SKIP ROUND THE ROOM X 2
G	JOG ON SPOT FOR 30 SECONDS	T	10 x AIR PUNCHES
H	TOUCH HEAD SHOULDERS KNEES & TOES X 5	U	10 x MARCH ON SPOT
I	5 x HOPS ON LEFT LEG	V	3 x BURPEES
J	5 x SQUATS	W	BALANCE ON LEFT LEG FOR 10 SECONDS
K	5 x TOUCH YOUR TOES & JUMP UP	X	5 x TUCK JUMPS
L	10 x HEEL TAPS	Y	10 x ALTERNATE ELBOW TO KNEES
M	BALANCE ON RIGHT LEG FOR 10 SECONDS	Z	10 x TWO FOOTED JUMP SIDE TO SIDE

GOALKEEPERS	DEFENDERS	MIDFIELDERS	FORWARDS
PICKFORD STEKELENBURG ALISSON ADRIAN	VAN DIJK COLEMAN KEANE ALEXANDER ARNOLD ROBERTSON DIGNE	HENDERSON MILNER MINA BERNARD IWOBI KEITA	SALAH FIRMINO WALCOTT MANE RICHARLISON CALVERT LEWIN

PLAYER 'A' FANTASY TEAM.

- 1
- 2
- 3
- 4
- 5

PLAYER 'B' FANTASY TEAM

- 1.
- 2.
- 3.
- 4.
- 5.