

TRICEP DIP HOLD CHALLENGE



HOW MANY MINUTES CAN YOU HOLD THIS POSITION?

PV TO SE LAPS CHALLENGE



HOW MANY LAPS CAN YOU RUN IN 30 MINUTES?

SIDE PLANK POSE CHALLENGE



HOW MANY MINUTES CAN YOU HOLD THIS POSITION?

BACKWARDS JUMP ROPE CHALLENGE



HOW MANY NON-STOP BACKWARD JUMPS CAN YOU DO WITHIN 10 MINUTES?

✱ YOU CAN PRACTICE UNTIL YOU'RE READY.

PUSH-UP CHALLENGE



HOW MANY PUSH-UPS CAN YOU DO?