# 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**

Arms: (top of press) Push-up to straight arm position

Head: Don't sag or extend - look at the ground Spine 2: (top of press) Push away from ground and hollow out

> Spine 1: Neutral spine with no sagging or hunching in the low back

Chin: Pull the chin towards the spine (double chin)

> Hands 2: Dial hands counter clockwise, splay the hands and grip the ground

Elbows: 45 degree angle creating an "Arrow" position

Hands 1: Just outside shoulder width

#### HOW MANY PUSH-UPS CAN YOU DO?

Butt: Push belt buckle to the ground while maintain spinal alignment throughout motion



Feet: Press equally through the floor

Quads: Send the back of your knees to the sky

