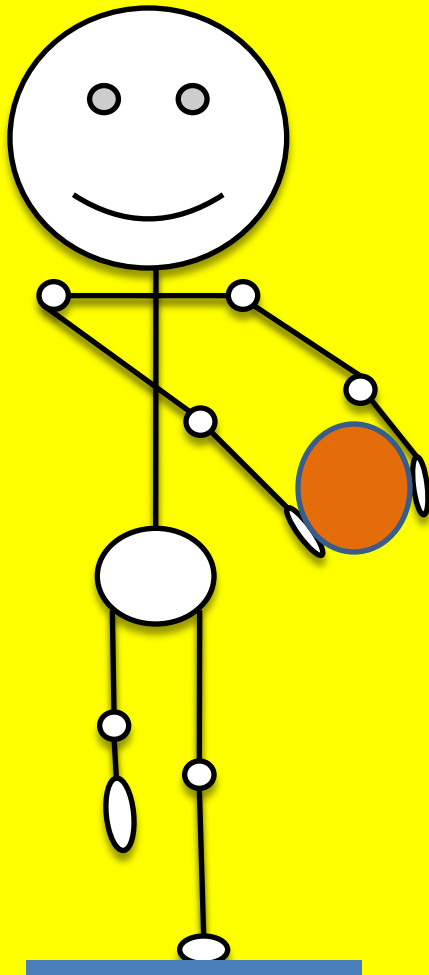




Challenge

TOSS AND CATCH BALANCE

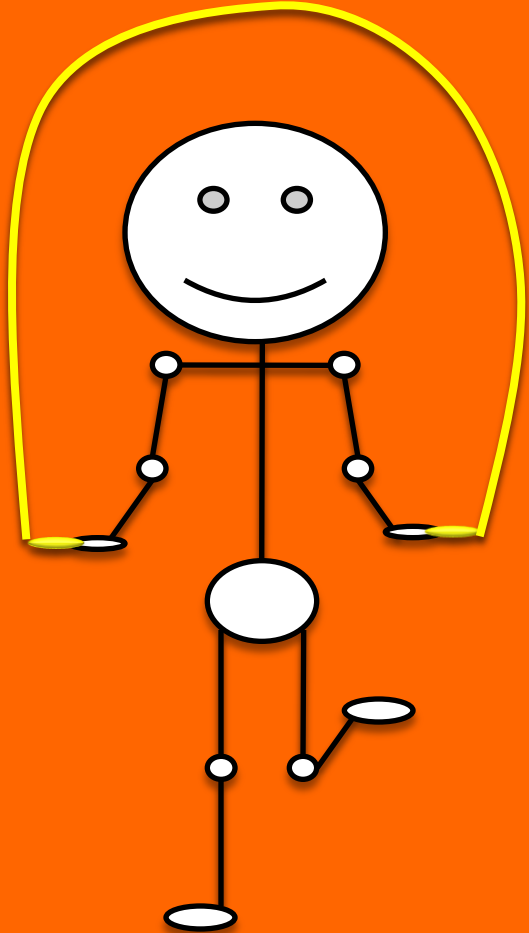


Balance on one foot while tossing and catching a ball. See how many times you can catch without losing your balance.



Challenge

JUMPING FUN



Can you Jump rope continuously without missing? Can you jump 100, 500, 1000, or 5000 jumps in a row?

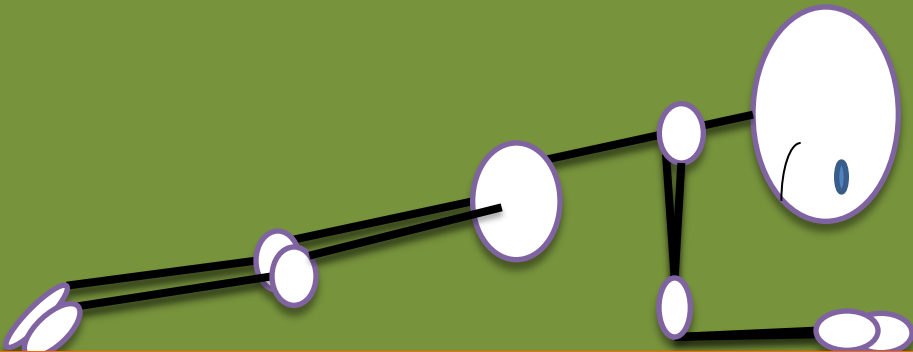


Challenge

HOLDING THE PLANK

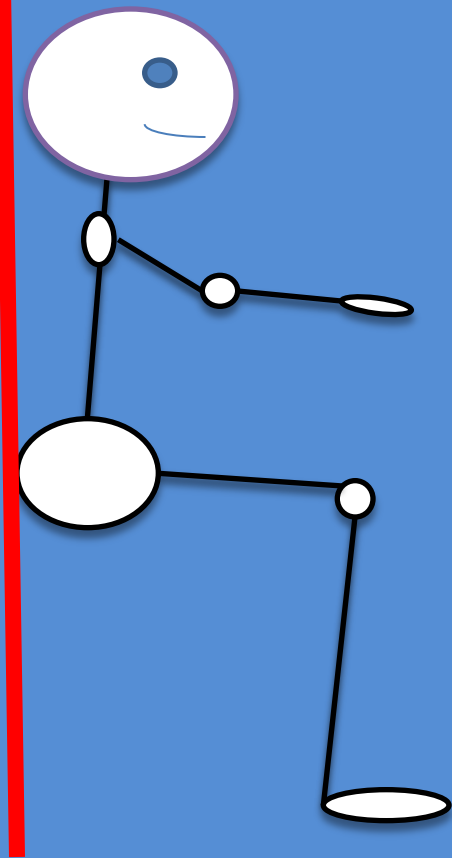
Can you hold the plank?
Try holding the plank for the
length of a
commercial.

Challenge a friend.





Challenge



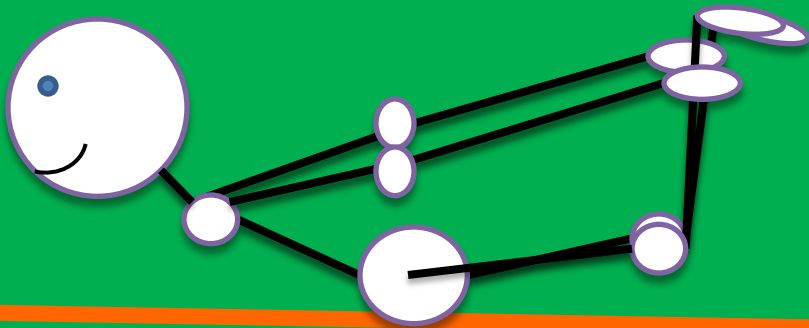
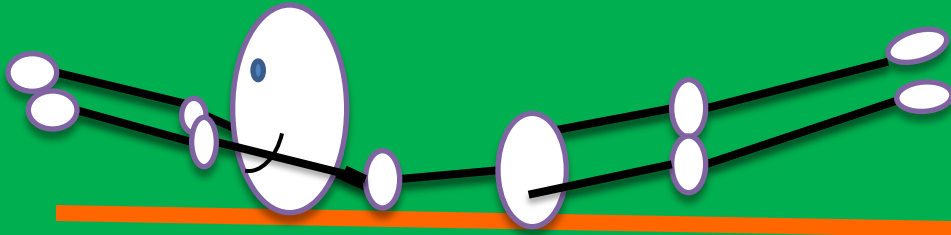
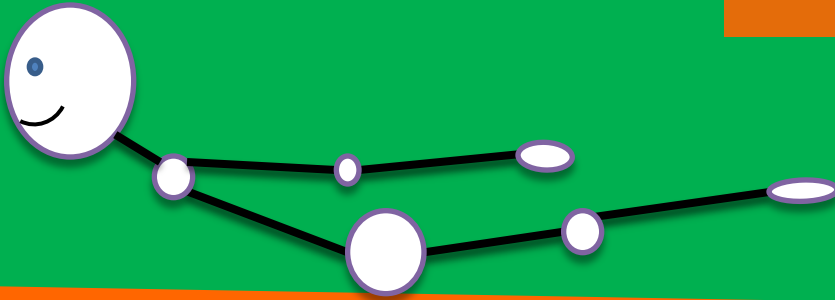
THUMB WRESTLING

Find a friend. Both friends thumb wrestle while holding up a wall. Play the best three games out of five.



Challenge

SWIMMING AND SOARING

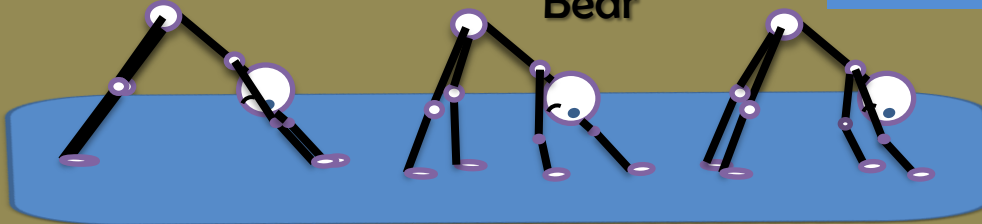


Can you Swim
through the Sea and
Soar through the
Sky? How long are
you able to swim or
soar?

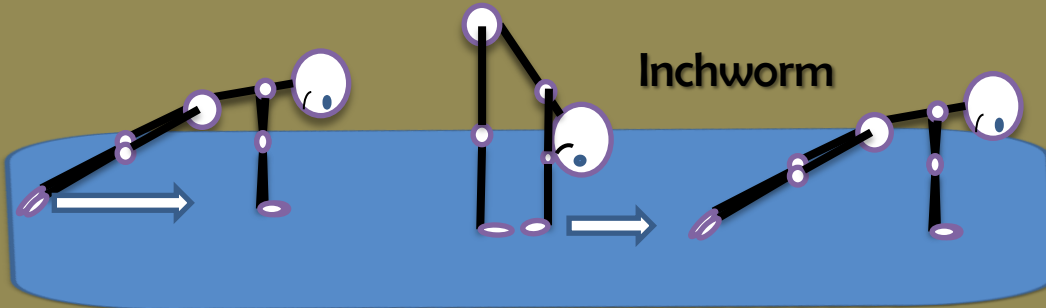
Challenge

BEARS, SEALS, AND INCHWORMS ... OH MY

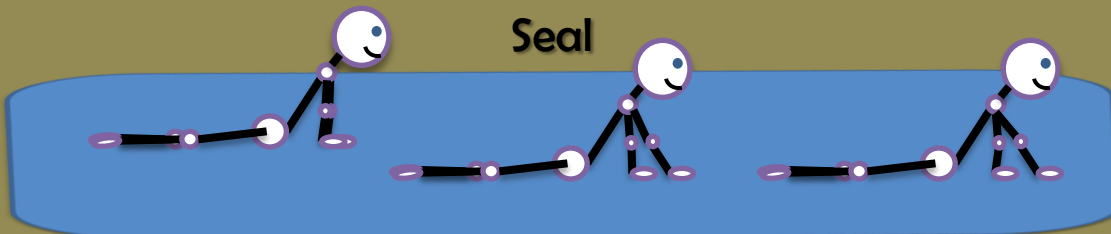
Bear



Inchworm



Seal



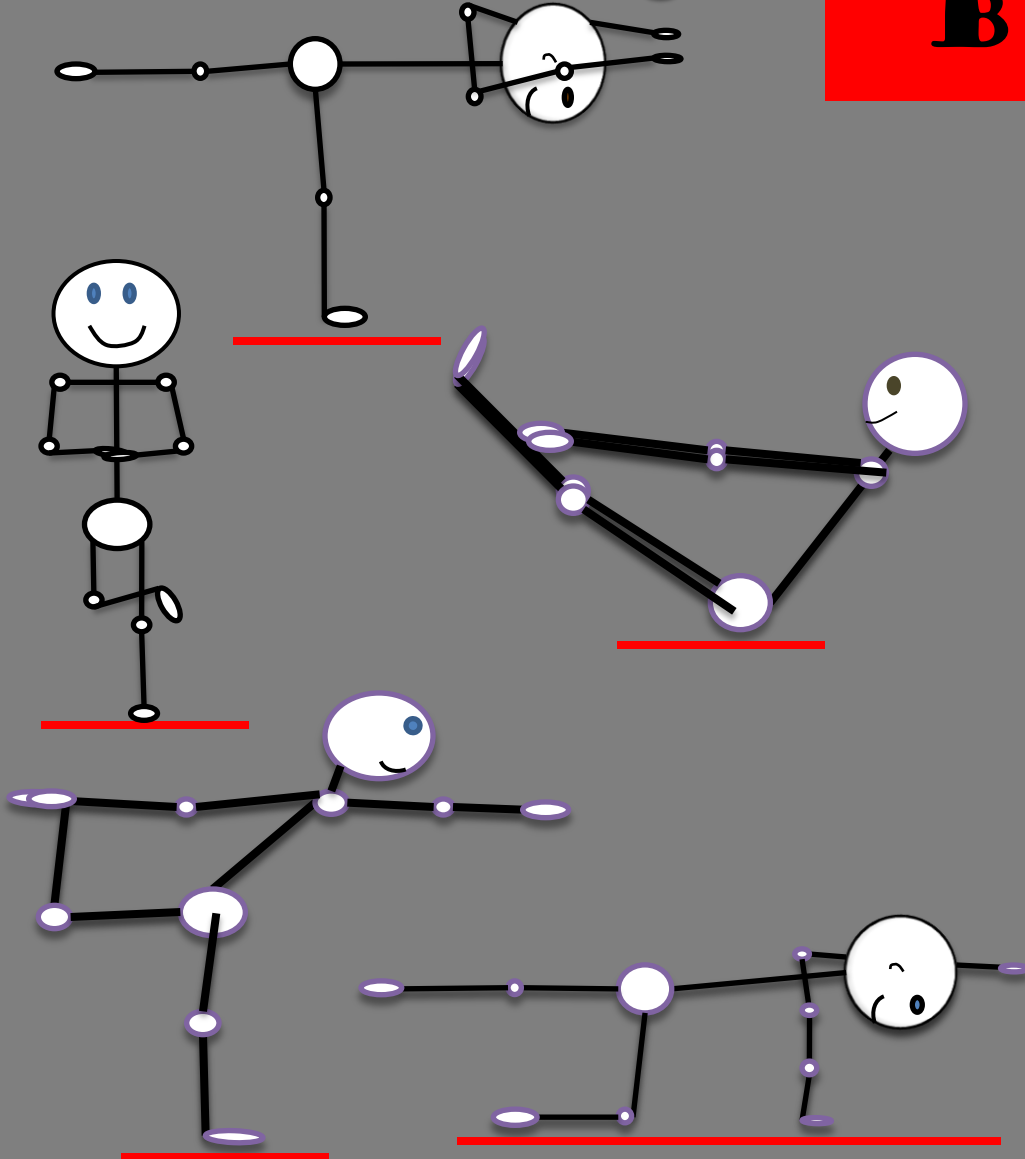
Can you Move Like a...

Challenge

1 AND 2 BALANCING

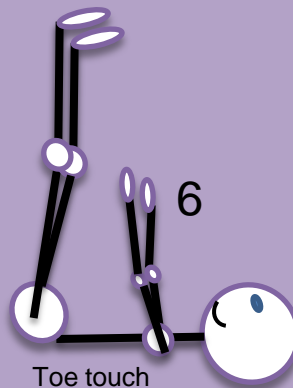
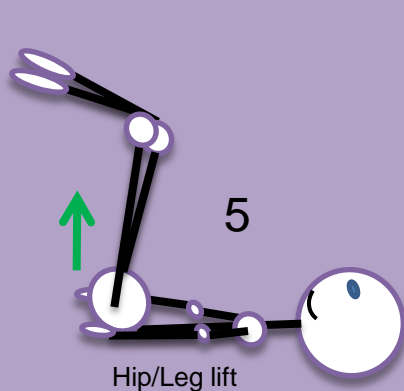
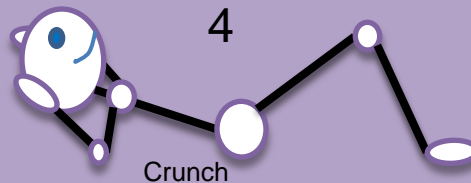
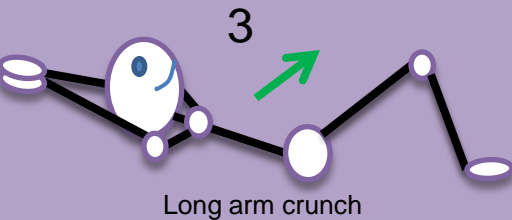
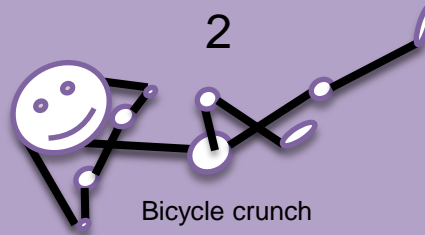
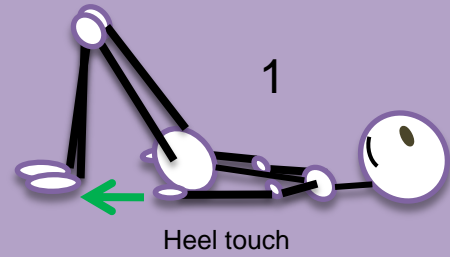
Can you balance using
one or two body parts?

Try to hold the
balances as long as you
can without losing your
balance. Challenge a
friend.



Challenge

ABILICIOUS



1. Roll the dice.
2. Complete 10 reps of the AB exercise associated with that number.
3. Roll the dice again.

➤ How many rolls of the dice will it take you to complete all six AB exercises?