

Building Physical Health with the Gymrun Five Challenges.



1. SPEED BOUNCE

Number of repetitions. 30 seconds.

- ▶ Stand parallel to the hurdle with both feet hip width apart.
- ▶ Bounce with two feet over the hurdle.



2. SIT UP

Number of repetitions. 60 seconds.

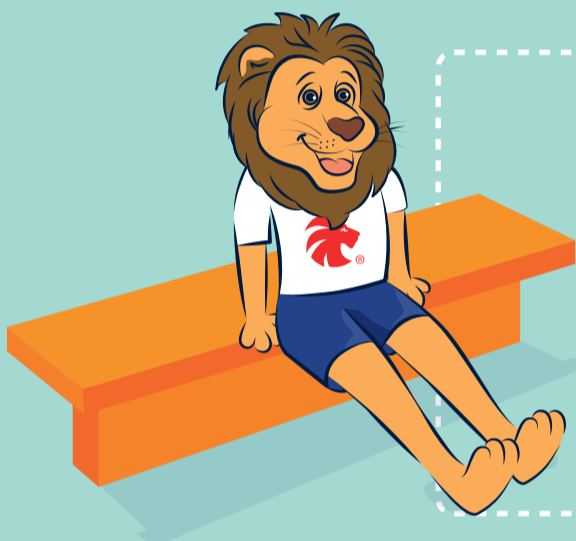
- ▶ Lie on your back and touch the floor above your head with both hands.
- ▶ Sit up and touch the floor in front of your feet with both hands.
- ▶ Return to starting position.



3. DIP

Number of repetitions. 60 seconds.

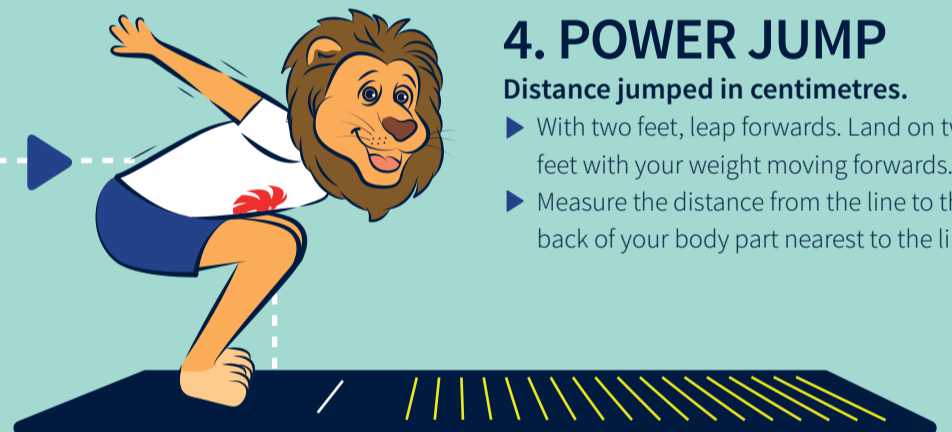
- ▶ With straight arms, place your hands facing forwards on the front edge of the bench.
- ▶ Lower your arms until they make a right angle at your elbows.
- ▶ Return to starting position, keeping your legs straight at all times.



4. POWER JUMP

Distance jumped in centimetres.

- ▶ With two feet, leap forwards. Land on two feet with your weight moving forwards.
- ▶ Measure the distance from the line to the back of your body part nearest to the line.



5. THREE MINUTE RUN

Distance run in 3 minutes.

- ▶ Run around the 50m grid at a steady pace as many times as you can.



Your average score will achieve one of eight badges.

