

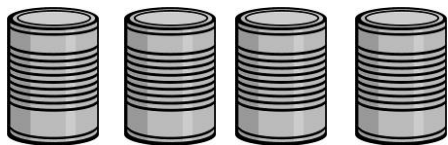


Secondary at home challenges

Challenge 1: Use 4 cans from the cupboard.

Press Up Stacking Challenge

1. Get in a press up position on the floor, back straight.
2. Place 4 cans in a line in front of you horizontally.
3. Using alternate hands place the cans on top of each other vertically by shifting your body weight from hand to hand.
4. Repeat by unstacking the cans back into a horizontal line.
5. How quickly can you do it? How many times in 1 min?



GOOD LUCK!

Can you challenge
a family member?

