

Get motivated with our five Gymrun 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.

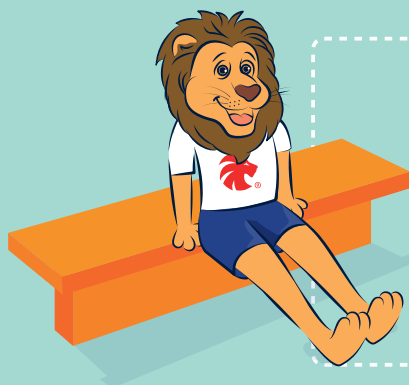
- ▶ Lie on your back and touch the floor above your head with both hands.
- ▶ Sit up and touch the floor in front of your feet with both hands.
- ▶ Return to starting position.



3. DIP

Number of repetitions. 60 seconds.

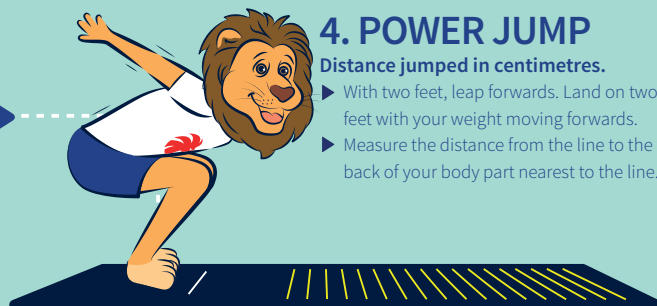
- ▶ With straight arms, place your hands facing forwards on the front edge of the bench.
- ▶ Lower your arms until they make a right angle at your elbows.
- ▶ Return to starting position, keeping your legs straight at all times.



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.

Gymrun Colours

At Gymrun, we believe that fitter children go on to lead happier, healthier and more active lives. Find out more at www.gymrun.co.uk

