

## THE CHALLENGES

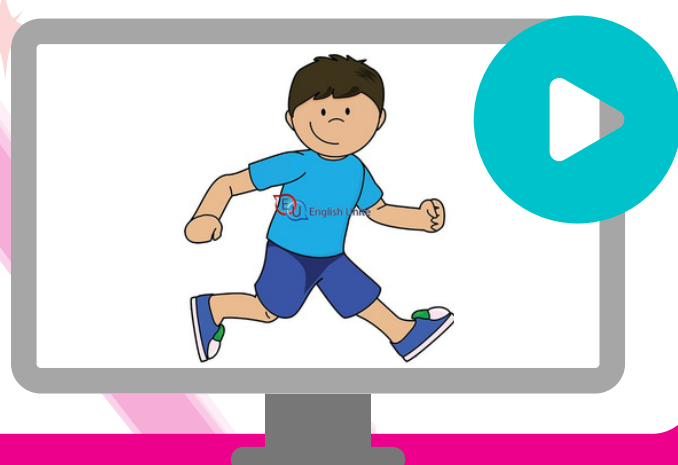
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### STRONGMAN



#### CHALLENGE VIDEO

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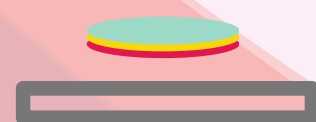


#### EQUIPMENT

1 stick e.g. hockey stick or rounders pole  
1 marker

#### SET UP

Place barbell on the floor in front of a marker.



**TOP TIP:** Bend your knees. Keep your back straight

#### TO PLAY

Standing at a marker with feet shoulder width apart.. Lift a barbell (stick) off the floor with both hands over the top & pull up to above your head in a 'Y' position, then replace on ground. Repeat.

#### SCORING

Complete as many lifts as possible in 60 seconds. You score 1 point per lift.

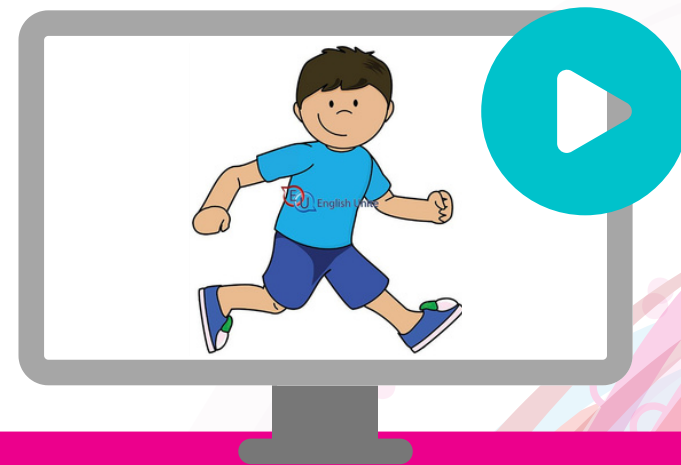


### TRAPEZE SWING



#### CHALLENGE VIDEO

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#### EQUIPMENT

2 markers

#### SET UP

Setup 2 markers, 3 large steps apart.



**TOP TIP:** Use your arms to help you travel further. Balance before taking your next jump.

#### TO PLAY

Start at 1 marker. Jump forward with 2 feet together swinging your arms up to propel yourself forward as far you can until you get to the other marker & jump back to your original. Repeat.

#### SCORING

Complete as many shuttles as possible in 60 seconds. You score 1 point per shuttle (one marker to next)

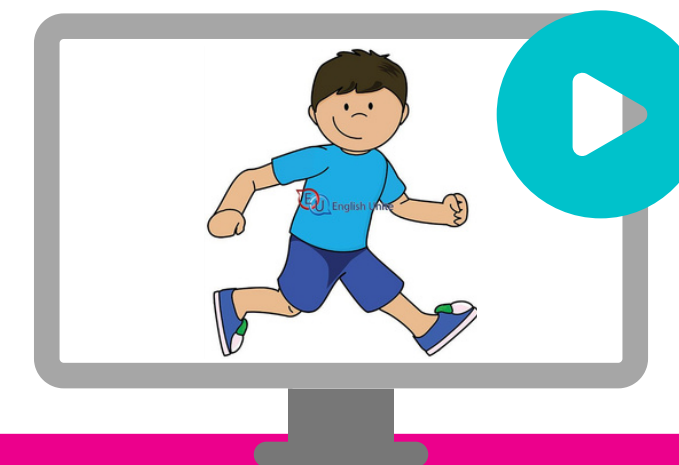


### LION HOOP RINGS



#### CHALLENGE VIDEO

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#### EQUIPMENT

1 hoop  
1 marker

#### SET UP

Setup 2 markers, 3 steps apart.



**TOP TIP:** Start slowly. Find a rhythm.

#### TO PLAY

Stand at a marker holding the hoop in front of you. Swing the hoop down to your feet and step through it. Bring hoop over head and back in front. Hold to hoop loosely to allow it to rotate. Repeat.

#### SCORING

Jump/step through the hoop as many times as possible in 60 seconds. 1 point for every jump/step.

