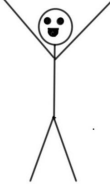





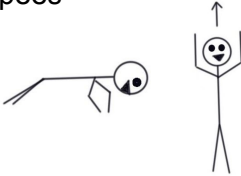






SPIRIT NORTH

Spirit North 60 Second Challenge

See how many of each activity you can do in 60 seconds. Write each number in the box and see if you can improve next week. Do it by yourself or with someone you live with.

Activity	How many can you do in 60 seconds?	Activity	How many can you do in 60 seconds?
Jumping Jacks 		Squats 	
Buttkicks 		High Knees 	
Push-Ups 		Bunny Hops 	
Burpees 		Sit Ups 	
Leg Raises 		Lunges 