**Week 3 Tuesday Challenge: Beat Mr Humphery**

Count how many reps of each exercise/challenge you can do in 60 seconds (1 minute) and record your score. Add all your scores to get your total.

| **Exercise/Challenge:** make sure you have a safe open space  | **Your Score** | **Mr. Humpherys Score** |
| --- | --- | --- |
| **1. Star jumps:** Show everybody how bright you shine 25 times! | Warm up | - |
| **2. Hopping on the spot**: 25 hops on each leg. | Warm up | **-** |
| **3.** **Super hero step ups:** do a step up, lifting your opposite knee up with your hands extended towards the sky like a superhero |  | 20 |
| **4. Knees to chest crunch:** sitting down with bent knees and flat feet place your hands on the ground behind you for balance. Lift your knees towards your chest allowing your feet to leave the ground, activating your core muscles. |  | 20 |
| **5. Super hero extensions:** lying on your tummy, extending your arms straight out in front of your body, lifting them from the ground and pretending you are zooming through the sky! Or even a water slide! (repeat) |  | 20 |
| **6. Jumping split lunge:** start in a lunge position, jump and swap legs. |  | 20 |
| **7. Floor to ceiling extensions:** bending down using your knees, touch the floor and then stand back up tall trying to touch the roof.  |  | 20 |
| **8.** **Wall to wall lateral jumps:** starting in a squat position jump side to side over a center point. Pretend you’re skiing, it helps! |  | 20 |
| **9. Strength challenge: Diamond push up:** this advanced push up is good for the triceps muscles in your arms. Starting in a comfortable push up position (feet or knees) bring your hands in close enough to make a diamond shape together. Lower yourself, focusing on keeping your elbows as close to your sides as you can.  |  | 20  |
| ***10. Coordination challenge: Wall ball balance*** *(clean socks or soft ball if inside)* standing on one foot, throw your sock at a wall so it will bounce back. When you throw the sock hop onto the other foot to catch with the opposite hand and repeat. *(You can use two hands if needed)*  |  | 20 |
| **Score:** add up your total |  | **160** |