**Week 2 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. Monkey jumps:** start with your left hand and right foot forward, jump and swing your arms to swap so your right hand and left foot are forward. | Warm up | - |
| **2. Running on the spot.** You can mix it up with any variation you choose | Warm up | **-** |
| **3.** **Pushup:** You know what to do! Make sure your body is straight. Doing these on your knee will help keep good form. You should feel it in your arms. |  | 20 |
| **4. Star jumps:** Show everybody how bright you shine! |  | 25 |
| **5. Squats:** feet set shoulder width apart hands in front for balance, lower yourself using your legs until they are horizontal. Your heels should stay on the ground the whole movement. |  | 20 |
| **6. Crunches with knee touch:** lying on your back with your knees bent and feet flat on the floor. Place your fingertips on your knees and using your tummy muscles to crunch forward until your wrist meets your knee. |  | 20 |
| **7. Bear walk:** starting on all fours, use your arms and feet and lift up so your knees just off the ground. Walk forward 2 steps and back to the starting position. |  | 14 |
| **8.** **Mountain climbers:** in plank position move one knee up to your chest at a time. How quick can you scale Mt Everest? It would take approximately 52,047 steps! |  | 25 |
| **9. Strength challenge: Russian twist:** in sitting position with your feet in front of you, twist from side to side touching the ground (Great bobsled practise!) |  | 20 |
| ***10. Coordination challenge:* Criss Cross feet with head touch:** with your hands resting on your head, stand with your feet shoulder width apart, jump and cross your left foot in front of your right keeping your body facing forward. Jump back to the starting position and swap feet and repeat as quick as you can, making a crisscross pattern. |  | 20 |
| **Score:** add up your total |  | **164** |