

Bodyweight Challenges

“Bring Sally up”

<https://www.youtube.com/watch?v=koMp3ei4xJw> (song with timer or click on the video)

- Follow the songs instructions – “bring Sally up” you go up, “Bring Sally down” you go down.
- Advanced - press ups,
- Intermediate - squats,
- Beginner – Box press ups
- Record how long you can do



3:07

Bodyweight Challenges

The Roxanne

- Roxanne by the Police
<https://www.youtube.com/watch?v=3T1c7GkzRQQ> (or click on the video)
- Constant jumping jacks during the song, but when they say:
- Roxane do a burpee,
- Advanced – In addition to the jumping jacks and burpees, when they said red light do a tuck jump
- Record how long you can do



Bodyweight Challenges

The Cha Cha Slide Plank challenge

- The video <https://www.youtube.com/watch?v=vxorVLr72Uo>
- Follow the movements in the video to the songs lyrics.
- Record how long you can do



Bodyweight Challenges

Thunder Plank challenge

- The video <https://www.youtube.com/watch?v=sG0qpZoIAoM>
- For every “Thunder” in the songs lyrics you go up or down.
- Record how long you can do

