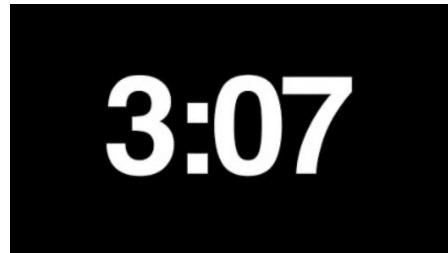
"Bring Sally up"

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



#### The Roxanne

- Roxanne by the Police <u>https://www.youtube.com/watch?v=3T1c7GkzRQQ</u> (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



#### The Cha Cha Slide Plank challenge

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



#### Thunder Plank challenge

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

