



Field Day/Spirit Day 2020



Burpee Challenge

Ryan Haley - Holy Trinity, Avon

Type of Activity: Individual or Family Challenge

Equipment Needed:

★ Just yourself

Directions:

Burpee - Start in standing position. Squat down, place hands on floor. Kick feet backwards to a push-up position and complete 1 push-up. Return to squat position with hands on floor and jump as high as you can. Repeat for 1 minute.

Individual - See how many Burpees(with the push-up) you can perform in 1 minute.

Family - Challenge each other to see who can do the most Burpees in 1 minute, loser has to do the dishes or other household chores!