



Field Day/Spirit Day 2020



Chair Dip Challenge

Gwenn Childers-Mary Queen of Peace

Type of Activity Individual and family challenge

Equipment Needed:

- ★ A sturdy chair (kitchen chair)
- ★ A timer or stopwatch(on your phone)

Directions:

Using as sturdy chair like a kitchen chair, see how many chair dips you can do in 30 seconds. You can challenge yourself or your family members. A chair dip is you support yourself on the chair with only your hands, then you dip down and push yourself back up.

Video Link:

https://www.youtube.com/watch?v=np8V_JucWHM