



Field Day/Spirit Day 2020



Push up Challenge

Scott Troyan - St Benedict School

Type of Activity: Individual or family

Equipment Needed:

★ Nothing!!!

Directions:

By yourself, or you can go up against a family member for bragging rights! Get into the proper push up position, and begin at the same time. The person who does not stop first wins. If by yourself, count how many you do before you have to stop.

Video Link: <https://youtu.be/xFi-P37cVRM>