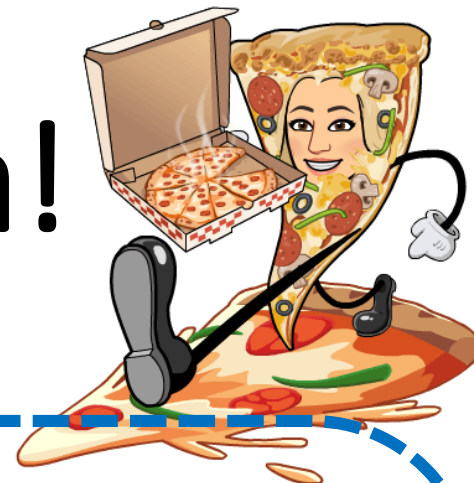




MISS CRUXTON'S LOCKDOWN CHALLENGES



Challenge 1 – Burn off that pizza!



1. Select your base (Please tick)



Classic crust
+200 kcal



Stuffed crust
+350 kcal



Gluten free crust
+225 kcal

2. Select your toppings (Select at least three items)

Meat (+75 kcal per item)

Smoked bacon

Chicken

Ham

Pepperoni

Spicy pork

Spicy beef



Vegetables/dairy (+50 kcal per item)

Triple cheese

Jalapenos

Peppers

Pineapple



Onions

Olives

Sweetcorn

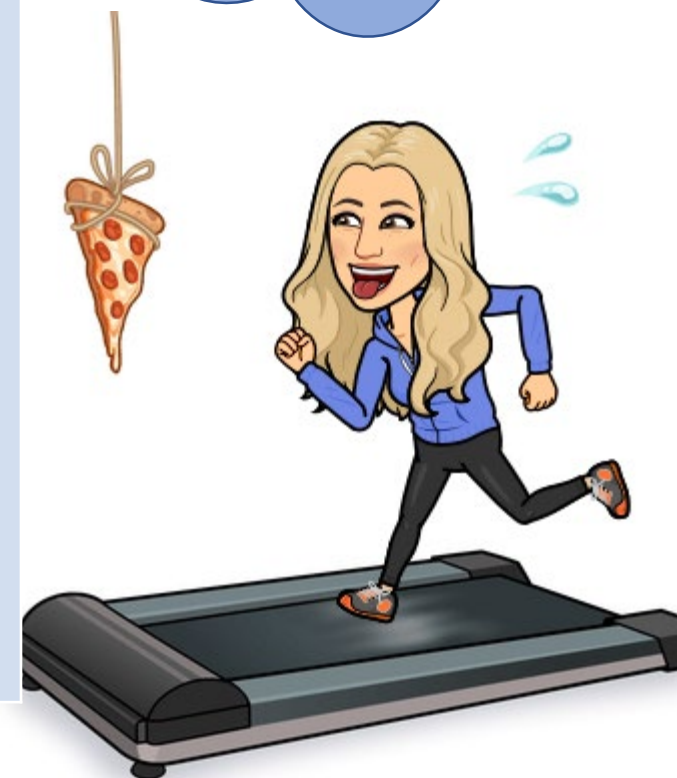
Tomato

Total:
.....kcal

Exercise	Calories burned (kcal)	Total calories burned
Shuttle Runs x 8	25	
Star Jumps x 20	5	
High Knees 1 min	15	
Sit-ups x 20	15	
Crunches x20	15	
Mountain Climbers 1 min	25	
Plank 1 min	15	
Squats x 20	20	
Squat jumps x 20	25	
Burpees x15	30	

Top tips:

1. Have a rest between exercises.
2. Add up your *'total calories burned'* as you go.



Challenge 2 –Teabag throw

Level 1:

1. Place down your empty mug/cup
2. Take 3 large steps back
3. You have 10 attempts to see how many times you can throw a tea bag/ rolled up piece of paper into the mug

Level 2:

1. Place down your empty mug/cup
2. Take 3 large steps back and turn the opposite direction
3. See how many times you can throw the tea bag/rolled up paper into the mug with your back towards the target. You have 10 attempts.



Challenge 3 – Toilet roll catch

Level 1

1. Hold the toilet roll in two hands.
2. Throw up in the air, rotate 180 degrees and catch it behind your back
3. Your score is how many times you catch the toilet roll in a row without it hitting the floor.

Level 2

1. Hold the toilet roll in two hands.
2. Throw up in the air and catch it behind your back whilst facing the same direction
3. Your score is how many times you catch the toilet roll in a row without it hitting the floor.



Challenge 4 - SOUPerbowl



Level 1

1. Position two tins (or other item) 2 hand widths apart at a distance of 4-5m away.
2. Using an orange (tennis ball or toilet roll) attempt to roll the item through the gate.
3. Your score is how many times you can do this in one minute.

Level 2

1. Same as Level 1 but decrease the distance of tins to one hand-width apart and start 5-6m away.



Challenge 5 – The Bogroll Balance

Level 1

1. Position a toilet roll on the top of your head
2. Whilst keeping the toilet roll steady, move down towards the ground ensuring you are in the press up position
3. Return to standing position
4. Using a timer, complete this as quickly as possible

Level 2

1. Position a toilet roll on the top of your head
2. Whilst keeping the toilet roll steady, move down towards the ground ensuring your back is in contact with the floor
3. Use a timer to complete this as quickly as possible.





Next steps – challenge a friend or family member and see who can get the best scores on each round.