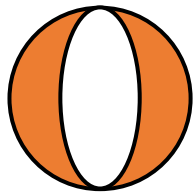
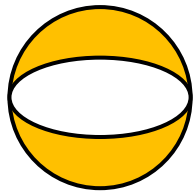
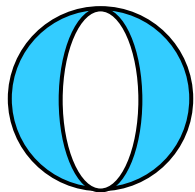
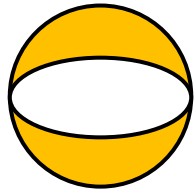
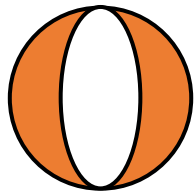


1-20 Challenge



1

How to complete the 1-20 Challenge

For each number from 1 to 20, choose an activity that you will do that number of times. For example, 1: 1 minute of running on the spot. 10: 10 Press-ups

2

Find a suitable place to do the 1-20 challenge safely, ensuring you have enough space to do each challenge and won't risk breaking anything. If you need to use equipment for any of the challenges, for example, a ball, get this ready.

3

Complete the 1-20 Challenge!!!

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