

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

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.

Complete the 1-20 Challenge!!!

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Remember to warm up and cool down when doing any form of physical activity. Before completing any form of activity, it is also important to find somewhere to do it that is safe and secure for you and others around you.