

# Fitness Friday Challenge - Week 2!



Tomorrow's challenge (15<sup>th</sup> January) is to complete as many

**BURPEES**

as you can between 9am and 3pm.

<https://www.youtube.com/watch?v=TU8QYVW0gDU&safe=active>

After 3pm tomorrow, please message your teacher on Tapestry/Seesaw/Microsoft Teams to let them know how many burpees you managed to complete during the day.

If you are unable to access Tapestry/Seesaw/Microsoft Teams please email your name, class and the number of burpees completed to Mrs Turner at [Hannah.turner@monkshouse.lincs.sch.uk](mailto:Hannah.turner@monkshouse.lincs.sch.uk)

Good luck!