

# Fitness Friday Challenge - Week 3!



Tomorrow's challenge (22<sup>nd</sup> January) is to complete as many

**PUSH UPS**

as you can between 9am and 3pm.

<http://www.viewpure.com/7oNNIZmatKA?start=0&end=0>

After 3pm tomorrow, please message your teacher on Tapestry/Seesaw/Microsoft Teams to let them know how many push ups you managed to complete during the day. If you are unable to access those learning platforms, please email Mrs Turner at [hannah.turner.monkhouse.lincs.sch.uk](mailto:hannah.turner.monkhouse.lincs.sch.uk) with your name and number of push ups completed.

Good luck!