

Fitness Friday Challenge - Week 8!



Tomorrow's challenge (5th March) is to complete as many

LUNGES

as you can between 9am and 3pm.

<http://www.viewpure.com/BxG3X1nsAlA?start=0&end=0>

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

Good luck!