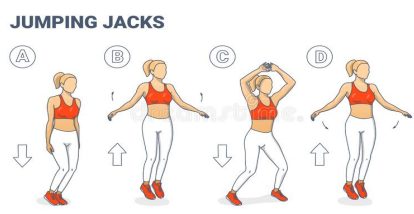
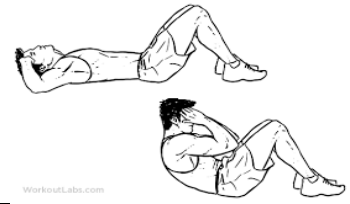
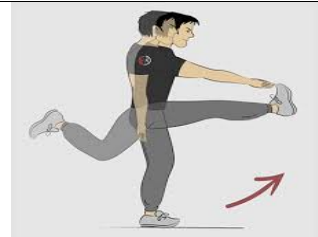





St. Conleths College
PE Challenge #2

Name: _____ Class: _____		How many can you do in 45 seconds?
1. Jumping Jacks		
2. Sit Ups		
3. Toe Touches		
4. Single Leg Balance Left (Hold)		
5. Single Leg Balance Right (Hold)		
6. Burpees	