

St. Conleths College PE Challenge #2

Name:		How many can you do in 60 seconds?
1. Jumping Jacks	JUMPING JACKS	
2. Sit Ups	Workswill.abs.com	
3. Single Leg Hops Left	Contract Labor Contract Labor	
4. Single Leg Hops Right	Monte para the "ipne" of the American few from	
5. Push Ups	CrossFit	
6. Burpees	Burgas A II	