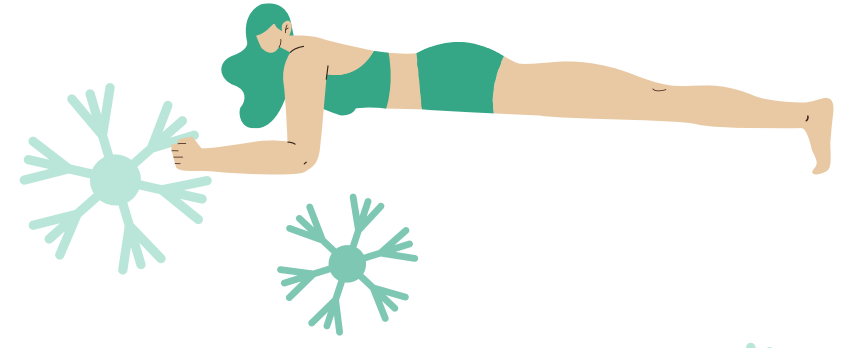


Active Advent!

Can you complete all of our challenges before Christmas?



1st
20 Star
Jumps



2nd
10 Burpees

3rd
20 High
Knees



4th
10 Chair
Squats

7th
10 Wall
Press Ups

8th
20 Jumping
jacks



9th
10 Lunges

10th
20 Elf Skips

11th
10 Tuck
Jumps

14th
30 sec
Plank

15th
20 sec wall
Squat

16th
10 Pencil
Jumps

17th
30 sec 1 Leg
Balance

18th
30 sec Bear
Crawls



STRIDE
ACTIVE