### RIDDLE ! CHALLENGE

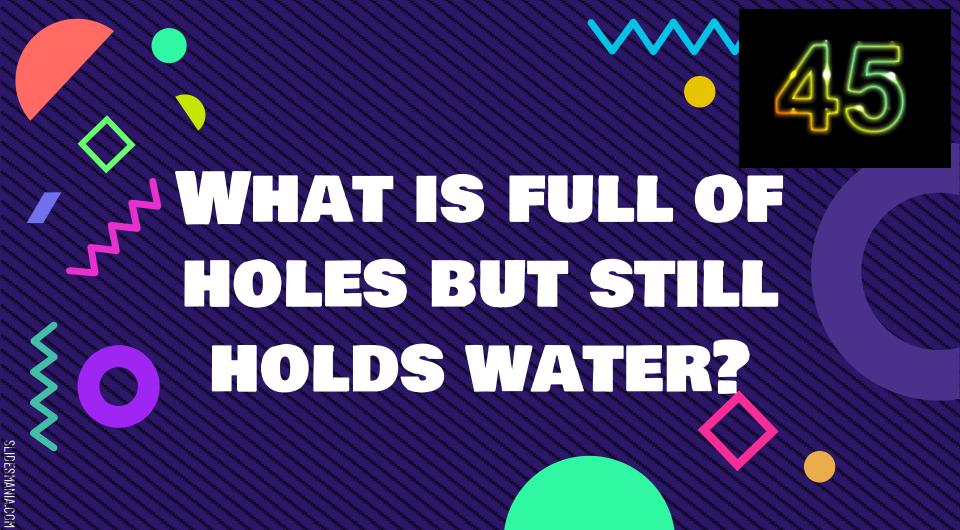
YOU WILL BE GIVEN A RIDDLE. YOU WILL HAVE 45 SECONDS TO TYPE YOUR ANSWER IN THE CHAT. IF YOU GET IT CORRECT YOU DO HALF OF THE EXERCISES. IF YOU GUESSED WRONG OR DID NOT PUT AN ANSWER YOU MUST DO ALL THE EXERCISES.





## 20 JUMPING JACKS







#### A SRONGE

10 PUSH UPS







20 JUMP SQUATS



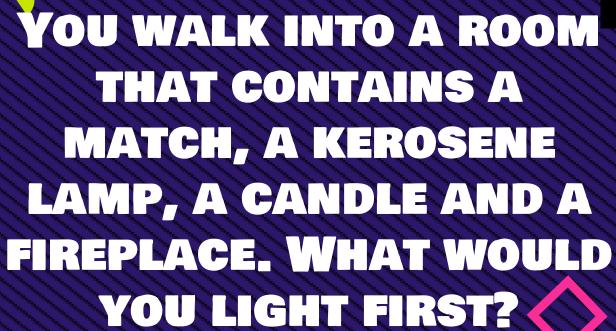




20 CRUNCHES









10 PUSH- UPS



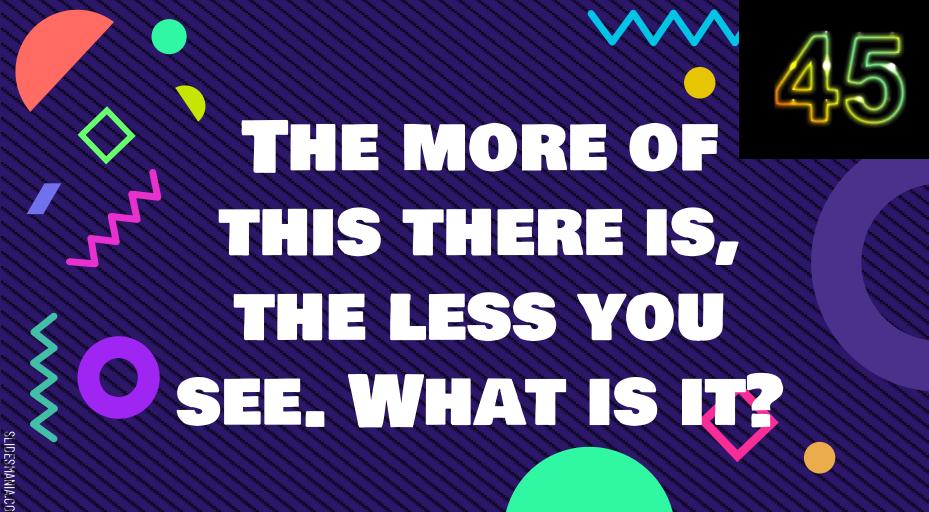




#### AN ECIO

1 MM. PLANK



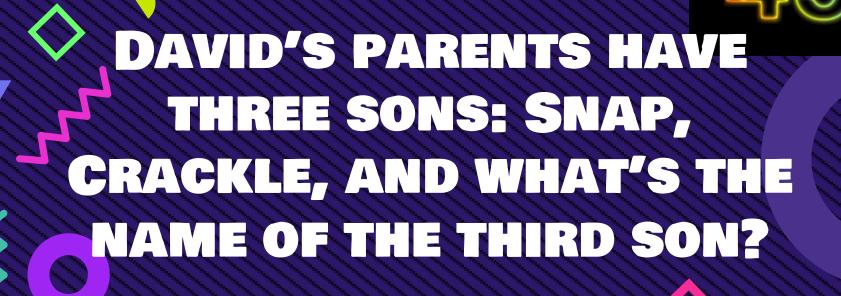




### IN BRITISH ESSIVE

30 CALF RAISES







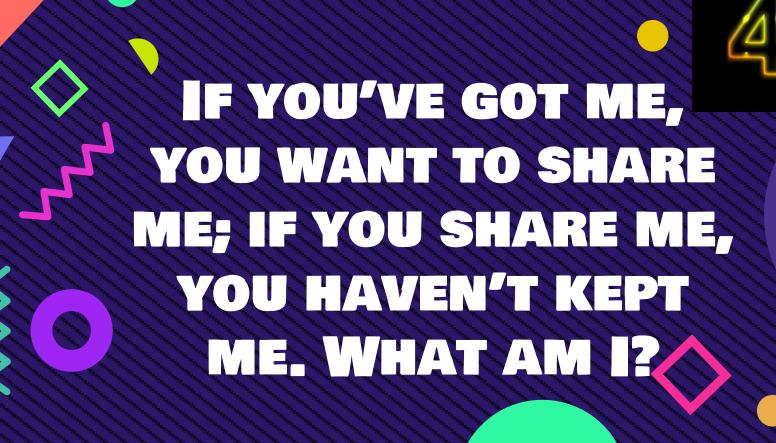
10 BURPEES







## 30 SECS. RUNNING IN PLACE







#### SEGIFI

20 JUMP SQUATS

