



'Travel the World Fitness Challenge'

The Rules:

It is time for 5-day getaway from the safety of your very own home!

Your task is to travel the world by completing a range of fitness challenges.

On each stage of your journey there are a maximum of 3 globes  to collect.

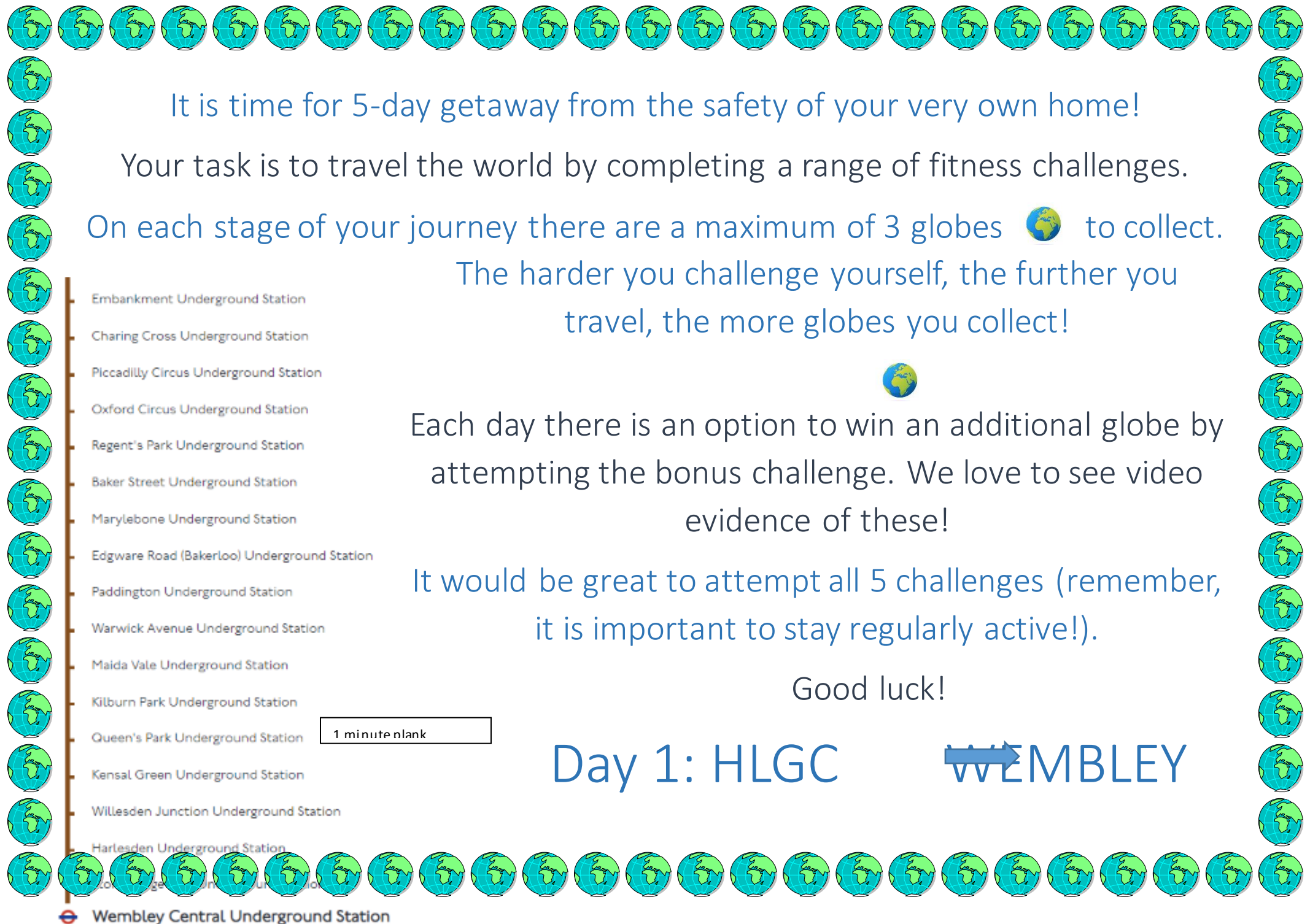
The harder you challenge yourself, the further you travel, the more globes you collect!

Each day there is an option to win an additional globe by attempting the bonus challenge. We love to see video evidence of these!

It would be great to attempt all 5 challenges (remember, it is important to stay regularly active!).

Good luck!

Day 1: HLGC  WEMBLEY



STADIUM

- 12 press ups
- 20 Jumping lunges
- 40 star jumps
- 1 minute wall sit
- 15 sit ups
- 1 minute high knees (Stop here for 1 globe)
- 10 burpees
- 1 minute of running on the spot
- 10 Tuck Jumps
- 10 Jump Squats
- 1 minute Shadow boxing
- 30 second wall sit
- 10 Burpees
- 1 minute of lunges
- 10 star jumps
- You've made it to Wembley! 3 Globes awarded

Underground Workout:

You first journey is from St Antony's to Wembley Stadium. Don't worry you have been dropped off at London Waterloo station, however the rest of the journey is up to you to complete. At each stop on the underground, you must perform the relevant exercise for the tube to be able to move on to the next station.

- Disembark at Marylebone for 1 globe
- Disembark at Kilburn Park for 2 globes
- Make it to Wembley for 3 globes!

30 second rest between stations!

Good Luck

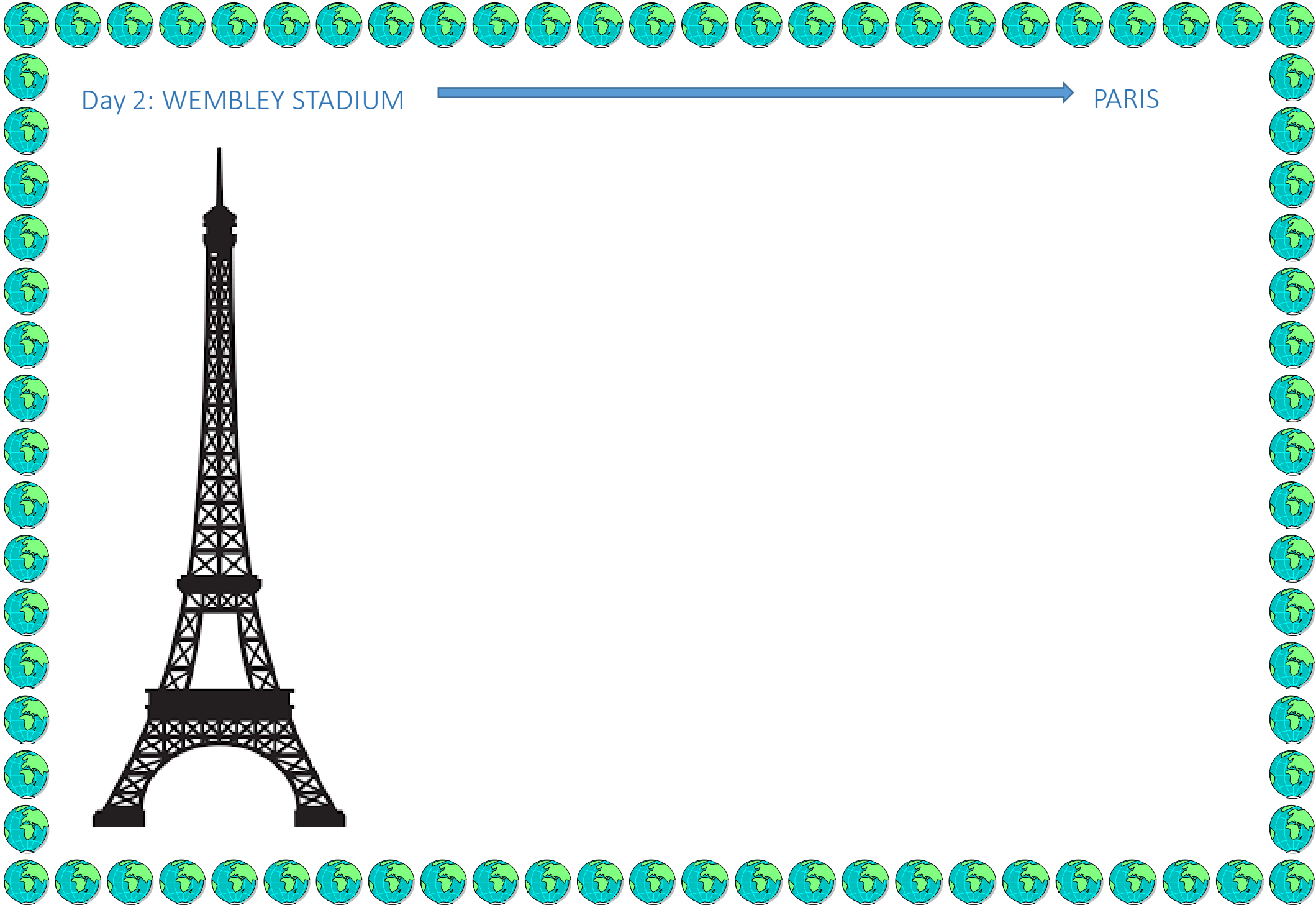
#DoorsClosing

#MindTheGap

Disembarked at..... Station

Globes Achieved.....

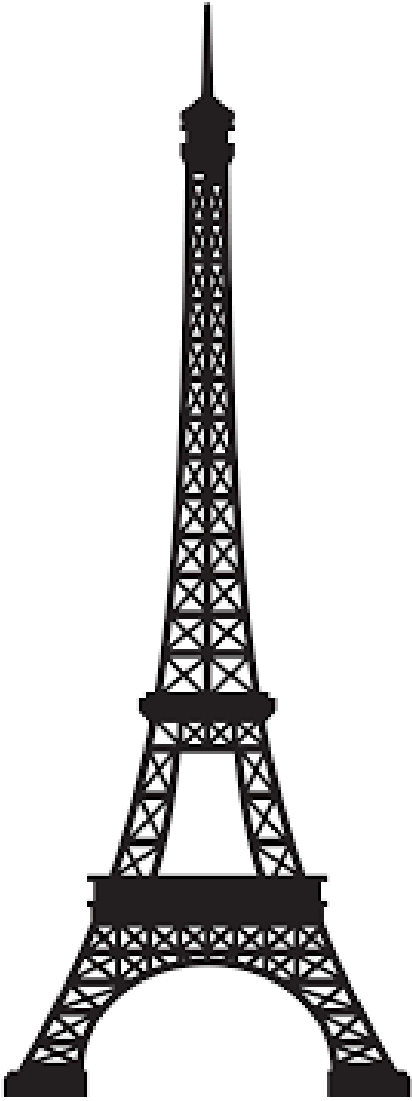
(stop here for 2 globes)



Day 2: WEMBLEY STADIUM



PARIS



3 GLOBES ACHIEVED! 	
Exercise 20	Sit ups
Exercise 19	Mountain climbers
Exercise 18	Jumping lunges
Exercise 17	Squats
Exercise 16	Plank
Exercise 15	Burpees
STOP HERE FOR 2 GLOBES 	
Exercise 14	Wall sit
Exercise 13	Sit ups
Exercise 12	Mountain climbers
Exercise 11	Jumping lunges
Exercise 10	Squats
Exercise 9	High Knees
Exercise 8	Burpees
STOP HERE FOR 1 GLOBE 	
Exercise 7	Wall sit
Exercise 6	Star jumps
Exercise 5	Step-ups on to chair
Exercise 4	Jumping lunges
Exercise 3	Running on the spot
Exercise 2	High knees
Exercise 1	Mountain climbers

Eiffel Tower Workout

You have arrived at the Eiffel tower and have been challenged to climb as high as possible.

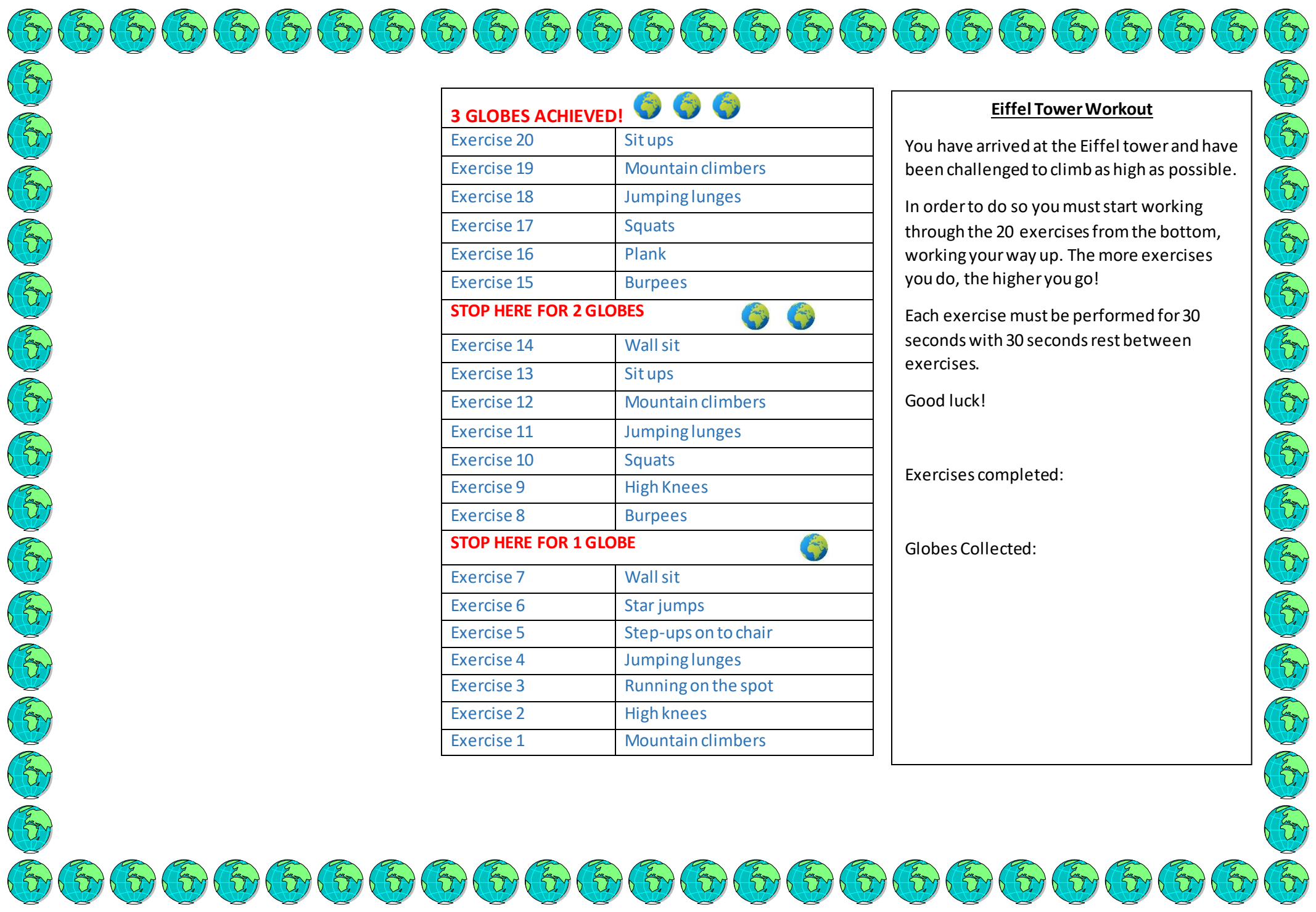
In order to do so you must start working through the 20 exercises from the bottom, working your way up. The more exercises you do, the higher you go!

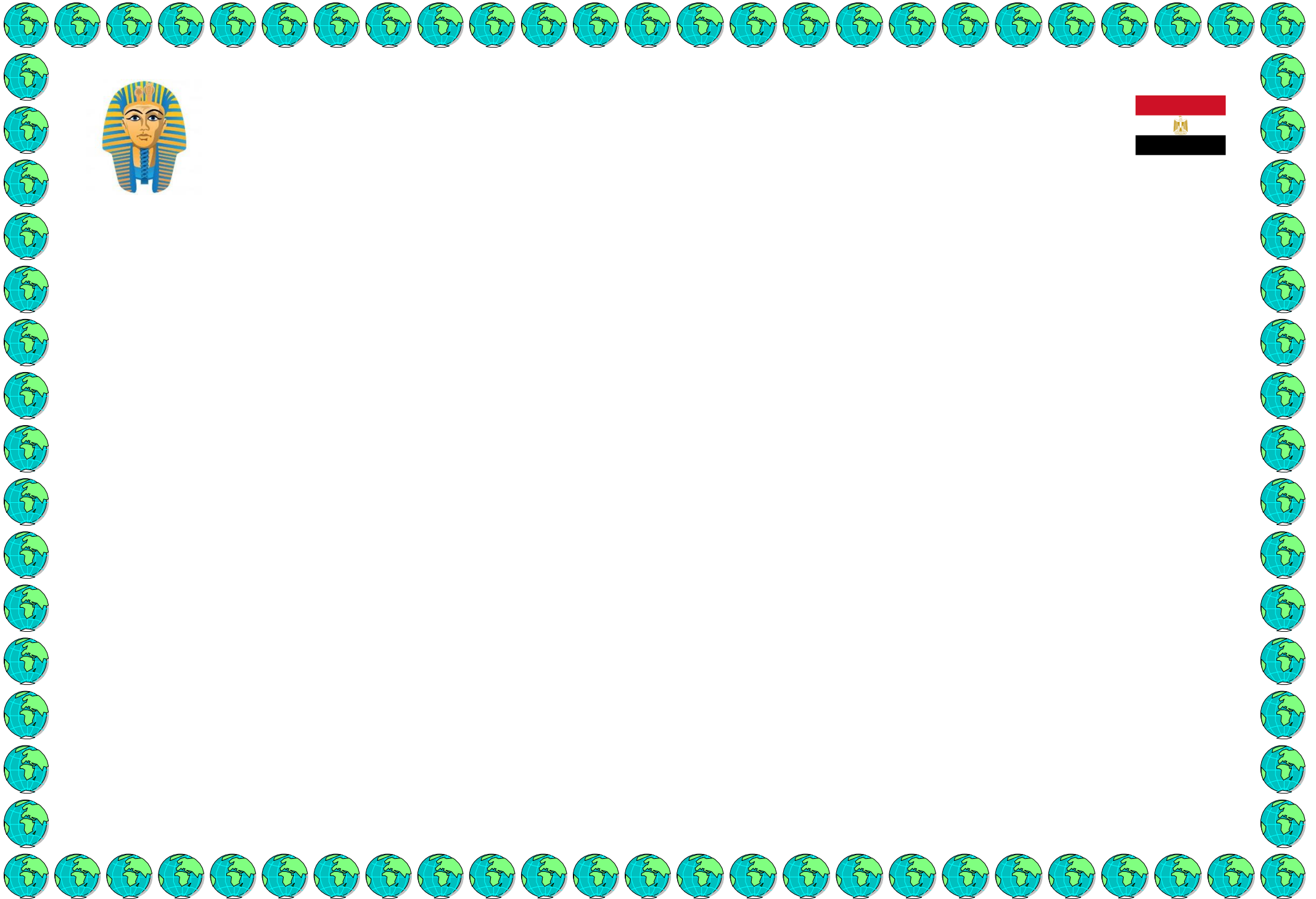
Each exercise must be performed for 30 seconds with 30 seconds rest between exercises.

Good luck!

Exercises completed:

Globes Collected:





Day 3: PARIS → CAIRO



Pyramid Workout: You have made it to the Pyramids of Giza in Cairo. Your task is to choose ONE of the three pyramids and complete the relevant workout. You must ascend and descend the pyramid meaning you will do each exercise twice. This means you will start off doing “Mountain Climbers” working yourself up to “Burpees”, then work back down from “Burpees” to “Mountain Climbers”. Time yourself and see how long it takes you to complete the pyramid of your choice! The more globes below each pyramid, the more challenging it is! Good luck!

Time taken to complete pyramid:

Globes achieved:

Day 4: CAIRO → AGRA, INDIA

<u>Link to workout</u>	<u>Globes awarded</u>
https://www.youtube.com/watch?v=KUmKKPcf71Q	
https://www.youtube.com/watch?v=P5M6AF_3lcl	
https://www.youtube.com/watch?v=xGhLLKGtxUQ	



Day 5:

Great Wall of China Workout:

You have arrived at the Great Wall of China and have a massive 2,000 miles to travel!

Luckily for you, we have simplified things slightly. The following distances equate to the amount of miles covered on the Great Wall of China.

- 3km run/walk (5,000 miles of the Great Wall of China)
- 5km run/walk (7,000 miles of the Great Wall of China)
- 8km run/walk (13,000 miles of the Great Wall of China)

Please Consider

- Only go outside to complete distance if it is deemed safe and appropriate to do so by parent/carer (**get your parents/carers to go with you!**)
- Remember to keep your distance from others
- The new government guidelines state you mustn't be exercising outside for any longer than 60 minutes.

***If this challenge is not appropriate for you, remember there are plenty of great workouts on YouTube to choose instead!**

AGRA, INDIA

CHINA

