

## Mission (Not) Impossible Challenge

The challenge is very simple. Complete as many exercises as you can in your own time. For each level that you complete, you'll get 1 ticket with your name on entered in to the prize draw. Cross the off as you go. If you want more tickets, print off another sheet and complete more levels!

You have 30 days to complete as many levels as you can. All entries must be in by June 1, 2020 which will be the exact date of the draw. Miss it, miss out.

### Round 1

10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
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10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts

### Round 2

10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
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10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts

### Round 3

10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
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10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts

### Round 4

10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
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10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts
10: In & Outs or Knee Grab Abs
10: Star Jumps
10: Get Ups
10: Squat Thrusts

Cross out each exercise as you complete it. For each complete round you will get 1 point in the prize drawing.

Please Print Your Name: \_\_\_\_\_

Signature of Completion: \_\_\_\_\_