



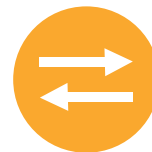
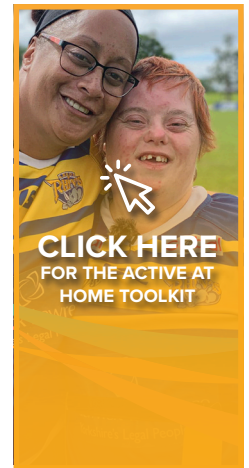
ACTIVE AT HOME

STADIUM GAME



WEEK 9 CHALLENGE

STADIUM GAME



HOW TO..?

- Get your foam fingers and kettle drums ready as this week we are taking you around the stadium every day!
- Choose 5 exercises a day and see if you can do them all! Your exercise will start in the North Stand on to the East Stand, down to the South Stand, over to the West Stand and finishing on the Half Way Line on the pitch.

REMEMBER

- Change your exercises every day
- Plan your 5 exercises before you start

ADAPTATION

- See how many "Laps" you can do around the stadium.
- How many times can you do your 5 exercises?

WEEKLY CHALLENGE LOG	RULES
<p>STADIUM GAME Video it and let's see what exercises you are doing!</p>	<ul style="list-style-type: none"> • Pick 5 exercises. • Each exercise represents a place in your club's stadium. • Every time you do the exercise you are visiting that place in the stadium. • Do a many rounds of the stadium as you can.