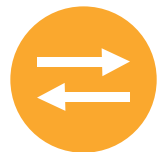
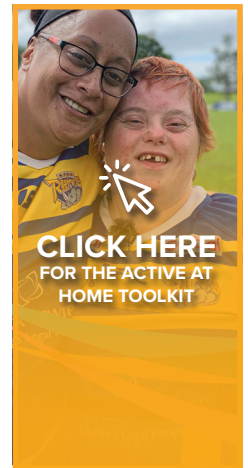
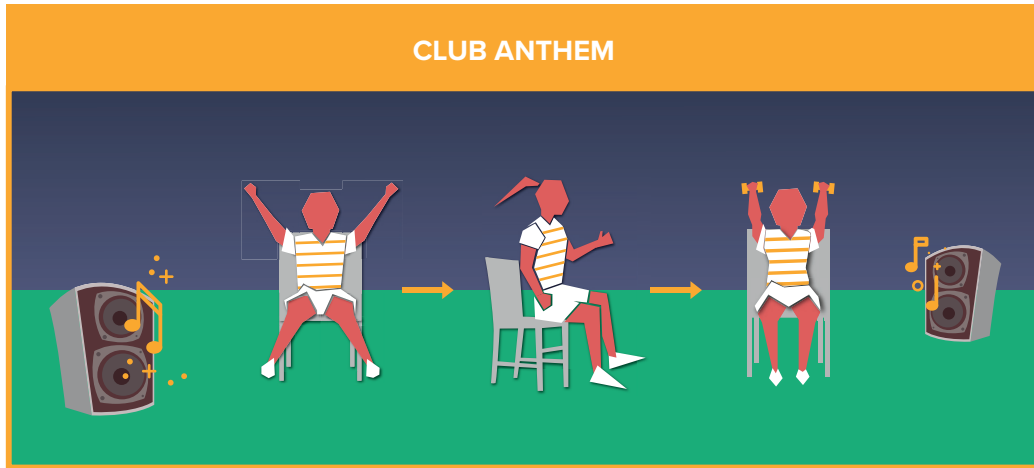




ACTIVE AT HOME

CLUB ANTHEM

WEEK 2 CHALLENGE



HOW TO..?

- What is your favourite club song/anthem?
- Can you play the song or even better sing the song while you do each exercise?
- Choose a new exercise and see how many exercises can you do before the song finishes!
- Repeat this as many times as you can using different exercises and cool down to it too!

REMEMBER

- If you are singing your club song or anthem don't forget to Breathe!
- Wear your club colours to show us your team.

ADAPTATION

- Change the exercises throughout the song to challenge yourself.

WEEKLY CHALLENGE LOG		RULES
<p>CLUB ANTHEM Repeat this a few times, video it and send in your score!</p>		<ul style="list-style-type: none"> • Pick a few of your favourite exercises from the ActiveAtHome Toolkit. • Start your favourite club song and begin exercising. • Depending on how long the song is either see how many of one exercise you can do or if it's longer see how many different exercises you can do during the song.