



The Manor  
Preparatory School



# 60 Second Challenge

## BURPEES

Do you keep trying even when you want to give up?

### The Physical Challenge

How many burpees can you complete in 60 seconds?

Make sure you extend your legs back once you have lowered yourself to the ground.



### EQUIPMENT

Just yourself and enough space on the floor!  
If you find it tough do not perform the leg extensions.