



The Manor
Preparatory School



60 Second Challenge

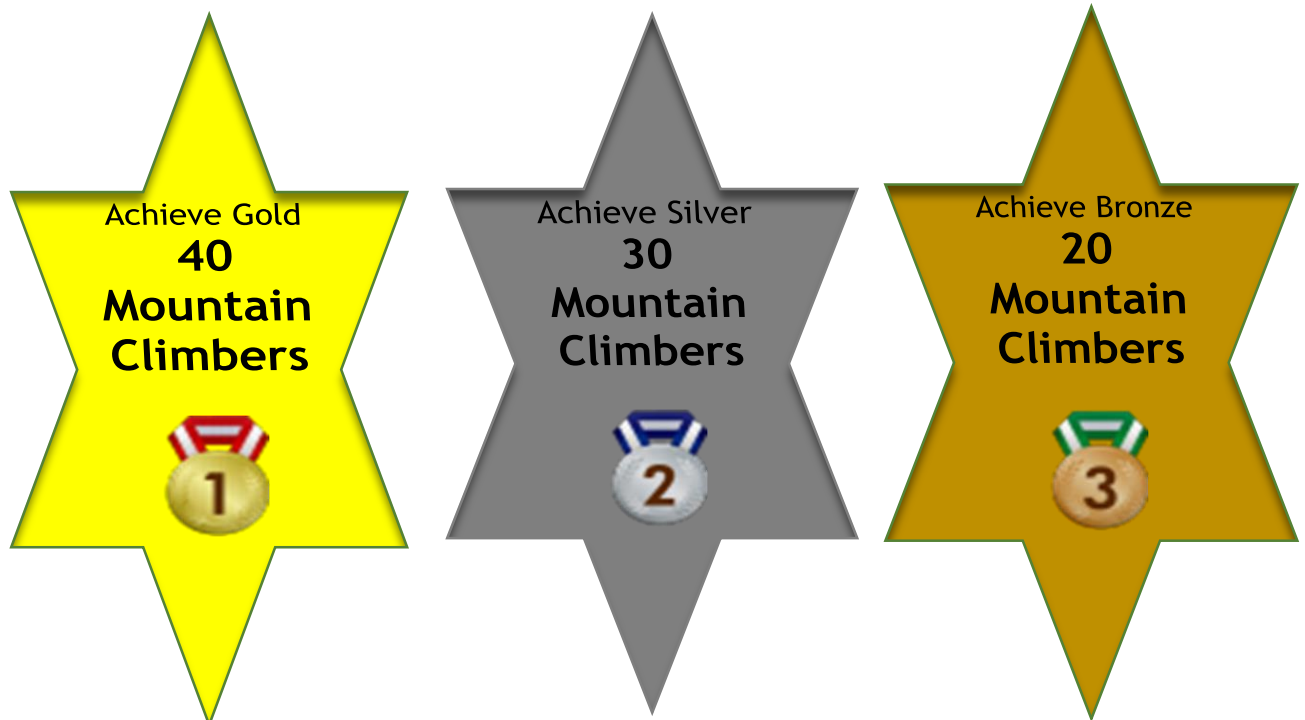
MOUNTAIN CLIMBERS

Can you keep going even when you are tired?

The Physical Challenge

How many mountain climbers can you complete in 60 seconds?

Make it harder by performing a press up after you bring both legs up.



EQUIPMENT

Just yourself and enough space on the floor!
Why not compete against a family member?