

TOP 5

The Plank Challenge

Adults	Children
1. Mr Milne 4 mins 38 secs	1. Marielle 5 mins 14 secs
2. Miss Wiseman 4 mins	2. Riley V 5 mins 5 secs
3. Kira V 2mins 16 secs	3. Jess V 5 mins
4.	4. Getride 5 mins
5.	5. Felami 4 mins

The Step Challenge

Adults	Children
1. Mr Milne 71 steps	1. Marielle 82 steps
2. Mr P 71 steps	2. Timi 82 steps
3. Mr Lambert 71 steps	3. Jess V 78 steps
4. Kira V 68 steps	4. Riley V 75 steps
5.	5. Daisy 76 steps

The Press-Up Challenge

Adults	Children
1. Mr Milne 37	1. Riley V 15
2. Mr Lambert 30	2. Daisy 13
3. Mr P 19	3. Timi 13
4.	4. Jeshan 11
5.	5.

The Burpee Challenge

Adults	Children
1. Mr P 28	1. Dylan 24
2. Mr Lambert 26	2.
3. Mr Milne 24	3.
4.	4.
5.	5.

The Wall-Sit Challenge

Adults	Children
1. Mr P 3min 30secs	1. Lola 30mins
2. Mr Milne 1min	2. Marielle 22mins
3. Mr Lambert 1min	3. Riley V 8mins 20secs
4. Miss Harris 58 seconds	4. Jess V 6mins 30secs
5.	5. Finley 6mins