

Challenges

1. Do 15 jumping jacks in 30 seconds.
2. Do 10 push-ups in 30 seconds.
3. Do 5 burpees in 20 seconds.
4. Sing a Christmas carol from start to finish.
5. Name Santa's original eight reindeer.
6. Jump rope for 45 seconds without tripping up.
7. On top of the clothes you're wearing, put on a hat, t-shirt, pants and socks and take it all off in 30 seconds.
8. Stand on one foot for 30 seconds without falling over.
9. Hop on one foot for 15 seconds without falling over.
10. Spin around 10 times without falling over.

