

# FITNESS

*Classmates!*



@educacionfisicacompetencial

Encuentra 2 compañeros que puedan completar el reto. Tras lograrlo, han de FIRMAR en el recuadro

**¡ATENCIÓN! UN MISMO JUGADOR PODRÁ FIRMAR COMO MÁXIMO 2 RETOS DE TU FICHA**

**Perform ventral plank 30 seconds**



**Do 25 jump ropes**



**Hold this pose for 15 seconds**



**Give 5 touches to the ball with your hands without it falling**



**Hold this pose for 15 seconds**



**Give 5 touches to the ball with your feet without it falling**



**Perform 5 times the "Cat-camel"**



**Keep the ring spinning for 10 seconds**



**Perform 5 burpees**



**Touch with both hands the toes**



**Perform a cartwheel**



**Perform 10 lunges**



**Run the track in less than 8 seconds**



**Perform 10 squats**



**Do 10 lateral jumps with feet together over a cone**



**Perform 15 Jumpings Jacks**

