



Complete **five challenges** to achieve an award badge.



1 LINE SPEED BOUNCE
30 seconds

3 STRAIGHT LEG DIP
60 seconds



2 CROSSFIT SIT UP
60 seconds



5 THREE MINUTE RUN
In metres



4 STANDING LONG JUMP
In centimetres



Making Gymrun work for **every child**.

BOUNCE: Step over line. **SIT:** Use hands to push from floor. **DIP:** Bend one or both knees (divide raw Dip score by six for both knees bent and by three for one knee bent). **JUMP:** Take a large step. **RUN:** Walk or jog instead of running.



Age 4-11



Age 11+