

# PURPLE RAIN

## RAINY DAY CHALLENGES

If you get stuck inside due to weather or other circumstances, here are a few challenges for you to try:

- Plank Challenge
- Can you improve on your juggling goal?
- How many push-ups can you do without stopping?
- How long can you jump rope without messing up?
- How many full sit ups can you do in 1 minute?
- How many [pick a skill] can you do in 1 minute?
- Burpee Challenge
- How long can you balance a ball on your foot?

Fitness  
Conditioning  
Movement

