

# 14 Day Challenge!

Can you do 8000 steps?	Can you complete a 5k walk/run/skip or bike?	Can you do 200 sit ups?	Can you do 40 burpees without stopping?	Can you do 100 step ups?	How long can you hold the plank for?	Can you do 70+ shoulder taps?
Can you name 6 muscles and point to them while skipping?	Can you complete 10,000 steps?	Can you do a wall sit for 2 minutes?	Can you do 50 jumping jacks?	Can you create a 1, 2 and 3 point balance and hold it for 5 seconds?	How many squats can you do in 1 minute?	How many jumping lunges can you do without losing balance?

# 14 Day Challenge!