



# Olympic Commercial Activity Challenge!



## Gold Challenge

Jumping Jacks	20
Crunches	15
Push Ups	6
Squats	15
Stand on 1 foot	1½ min
Run on the spot	30 sec
Touch your toes	all the way



## Silver Challenge

Jumping Jacks	15
Crunches	10
Push Ups	4
Squats	10
Stand on 1 foot	1 min
Run on the spot	20 sec
Touch your toes	¾ of the way



## Bronze Challenge

Jumping Jacks	10
Crunches	5
Push Ups	2
Squats	5
Stand on 1 foot	30 sec
Run on the spot	10 sec
Touch your toes	½ way

How many activities can you do during each commercial?