

# 3 minute challenge

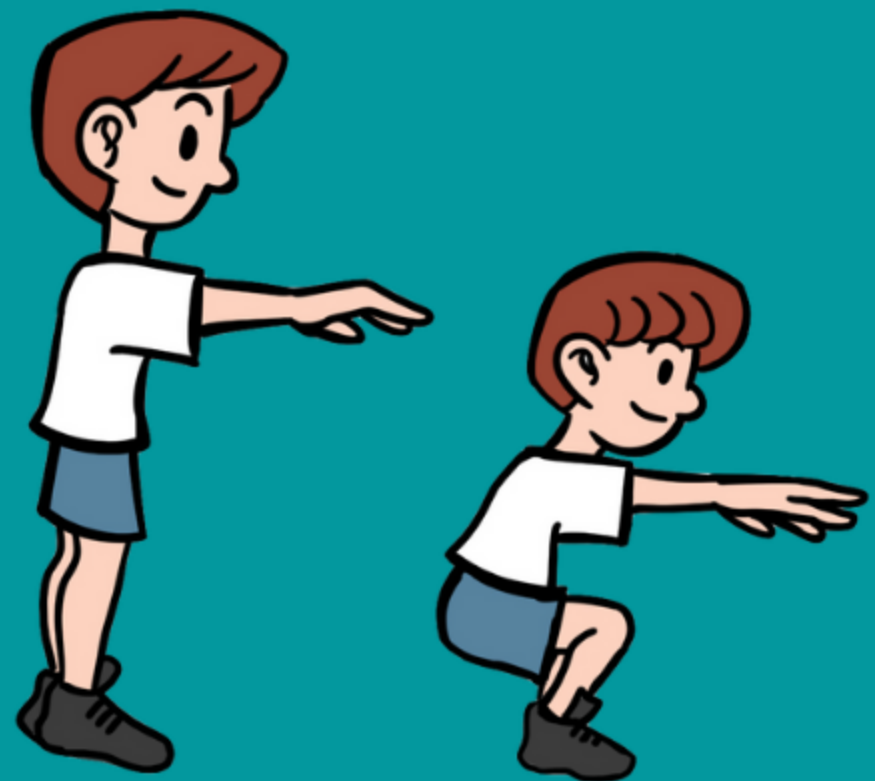


**What you need:** A little space and a stopwatch or clock.

## How to play:

- You have 3 minutes – how many times can you complete this circuit?

- 10 x Star Jumps
- 10 x Burpees
- 10 x Press ups
- 10 x Squats



**How many times did you complete the circuit?**