

RULES

- For every challenge you need to submit proof. This proof can be a video, photo, a screenshot of a tracking app, etc. **No proof = no points!**
- Stay Safe! Don't push yourself too hard or undergo risks for your health.
- Stay inline with the current corona measures!
- If you achieved points in every category, the team gets 5 bonus points.
- If you achieved points for all challenges in a category, the team gets 5 bonus points.

🏆 = Only the team with the best submission wins the mentioned points. However, you will get one point for a submission.

✅ = For these challenges only the team's one best entry counts.

💛 = These challenges add up as a team, do as many as you can during the week! For each challenge you will get 3 extra points if your team did the most out of all the teams. The achievements of all team members get added up. For example: If four team members all run 5 km, their total is 20 km and the team gets awarded 4 points. If 20 km is the largest distance run for all teams, they get an additional 3 points.

Endurance

- Running 💛 1 point for every 5km
- Cycling 💛 1 point for every 10km
- Climb stairs 💛 1 points for every 3 floors
- Planking 💛 1 point for every 2 min

Strength

- Do push-ups 💛 1 point for every 20 push-ups
- Do pull-ups 💛 1 point for every 15 pull-ups
- Do squats 💛 1 points for every 30 squats
- Carry a heavy object for 100 meters ✅ 2 points
+1 point for the team with the heaviest object
- Do an animal walk for 1 minute ✅ 2 points

- Jump the furthest (no run up) 🏆 2 points
- Jump the highest (no run up) 🏆 2 points
- Throw an object the furthest (no run up) 🏆 2 points
- Run the fastest kilometer 🏆 2 points

Skill

- Keep up a football ✓ 1 point for every 10 touches
- Skip rope the longest ✓ 1 point for every 30 seconds
- Juggling x balls ✓ 1 point for every ball juggled at the same time
- Handstand without any help ✓ 1 point for every 5 seconds
- Do a backflip or frontflip ✓ 5 points
- Touch your toes with straight legs ✓ 2 points
- Do a split ✓ 2 points

Special

- Reach the highest point 🏆 3 points
- Get soaked/swim outside ✓ 10 points
- Ride a bike in the most creative way possible (at least 30 meters) ✓ 3 points
- Use the Macarena Dance as a basis to design your Workout ✓ 3 points
(for instance using weights or switch movements for exercises) + 5 for the most taxing
- Be the FASTEST on two legs ✓ 5 points + 5 points for being the FASTEST
(as long as you are standing and are not specifically on a motorized vehicle it counts)

Bonus points

- Show your (sports) talent ✓ 5 points
(for instance when you're good at playing tennis, volleyball or martial arts etc.)