



VIRTUAL  
GAMES

# WEEK 1

## 60 SECOND BURPEE CHALLENGE

This challenge has been set by Dominique and Ricky from Sutton  
A challenge video will be released on Tuesday at 9.00am on the [LYG website](#)

### **Challenge Description:**

How many burpees can you do in 60 seconds?

### **Scoring:**

You will receive one point for each burpee you complete.



### **Adapt for Space and Equipment:**

You can do this challenge indoors or outdoors. No equipment is required.

### **Adapt for Ability and Inclusivity:**

You can remove the jump and try a walking burpee. If you are in a sitting position try reaching as high as you can, then reach to your toes as far as you can and repeat. If you have a box or bench available, you can do a variation of the burpees using the object as a higher starting point than the floor. If you want to increase the difficulty, try adding a push-up in between burpees.

### **Coaching Tips:**

Start with your feet shoulder-width apart, bend your knees and place your hands flat on the floor. Extend your legs backwards then forward and now jump into the air. Whilst in the plank position, try not to let your hips drop. Find a steady rhythm and remember to keep your breathing controlled.

### **Benefits From Challenge:**

This challenge will help improve your strength, endurance, and flexibility.

*Remember to submit your scores before Friday 12<sup>th</sup> June at 12.00pm via the London Youth Games website or by emailing your scorecard to [info@londonyouthgames.org](mailto:info@londonyouthgames.org). You can share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG for the chance to win a pair of Nike trainers. Please ensure that you have permission from a parent or guardian before sharing any content.*

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