



VIRTUAL
GAMES

WEEK 3

BICYCLE CRUNCH CHALLENGE

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

Challenge Description:

How many bicycle crunches can you do in 60 seconds?

Scoring:

You will receive one point for each bicycle crunch 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 try seated bicycle crunches. These can be done with or without leg movement. From a seated position put your hands behind your head and bring your elbow down towards your knee. To increase the difficulty, try keeping both feet off the ground in between crunches. Another adaptation from a seated position, see how many times you can touch your toes.

Coaching Tips:

Lie flat on the floor with your hands behind your head. Lift both knees off the floor and raise your upper body. Now, while rotating your core, bring your knee and opposite elbow towards each other. Do not pull on your neck when completing this exercise. Try to keep a steady pace and control your breathing.

Benefits From Challenge:

This challenge will help build your core strength and endurance.

Remember to submit your scores before Friday 26th June at 12.00pm via the London Youth Games website or by emailing your [Scorecard](#) to 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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