



Here it is! The long awaited list that could see **YOU** crowned the top dog of the Soul Youth challenges below! We trust that all your answers will be honest and accurate...there will be bonus points for anyone who can get their parents/caregivers to attempt a few! Have fun posting any of your attempts to Instagram (don't forget to tag Soul Youth) or email and **DON'T FORGET** to send us ANY results/pics/vids through to our email: [soulyouth.soul@gmail.com](mailto:soulyouth.soul@gmail.com) We will be posting up all the final results for our Thursday Youth next week!

### **Sit ups**

Aim/Rules - To do as many sit ups as you can do in a row without stopping.

### **Push Ups**

Aim/Rules - To do as many push ups as you can without stopping (proper ones).

**Females** are able to do female push ups which is your knees touching the ground instead of your feet

### **Wall sit**

Aim/Rules - To wall sit for as long as possible - Make sure your back is flat against the **wall**. Set your feet about shoulder-width apart and then about 2 ft out from the **wall**. Slide your back down the **wall**, bending your legs until they're in a 90 degree angle—or as close as you can get.

### **Walking on Hands**

Aim/Rules - To measure how long you can walk on your hands for. Start with your feet behind a line and then measure to where your hands leave the ground once you fall over

### **Handstand**

Aim/Rules - Time how long you can do one handstand for



### **Paper Plane distance**

Aim/Rules - To see how far you can throw a paper plane that has been made out of a standard A4 piece of paper. Measure distance with a ruler or measuring tape.

### **Peanut butter off a spoon**

Aim/Rules - To see how long it takes you to eat a tablespoon of peanut butter. You can NOT use any other food/drink to help you eat it with.

### **Weetbix**

Aim/Rules - To see how long it takes you to eat 1 dry weetbix. You can NOT use any other food/drink to help you eat it

### **Basketball Hoop Challenge - Outdoor**

Aim/Rules - To see how many consecutive shots you can make in 1 minute. You have to be 3 metres away from the backboard and you have to retrieve the ball yourself.

### **Washing Basket Challenge - Indoor**

Aim/Rules - To see how many consecutive shots you can make in 1 minute. Put a washing basket on the ground and stand 3 metres away. Use a scrunched up A4 piece of paper as your basketball (ideally your paper plane so we can all be sustainable yaaaah)

### **Fizzy drink can skull**

Aim/Rules - To drink the fizzy can in the quickest time. Get a 355ml fizzy can. When you are ready to do the challenge open the can and get someone to time how long you take to drink the whole can (they can start the timer once you start drinking). You cannot put any extra holes in the can. You can't squeeze the can.

**Have fun!!!! We look forward to seeing some records smashed from last year!!!!!!**