

# 2023 ACTIVE CHALLENGE

## MAY

SCAN ME TO  
FIND NEXT  
WEEK'S ACTIVE  
CHALLENGE



Keep track of your weekly progress below by colouring in and adding your scores. Don't forget to share your progress with us.

Tag us in your pictures on social media, using the hashtag  
**#PREMIERACTIVECHALLENGE**



**WEEK 18**

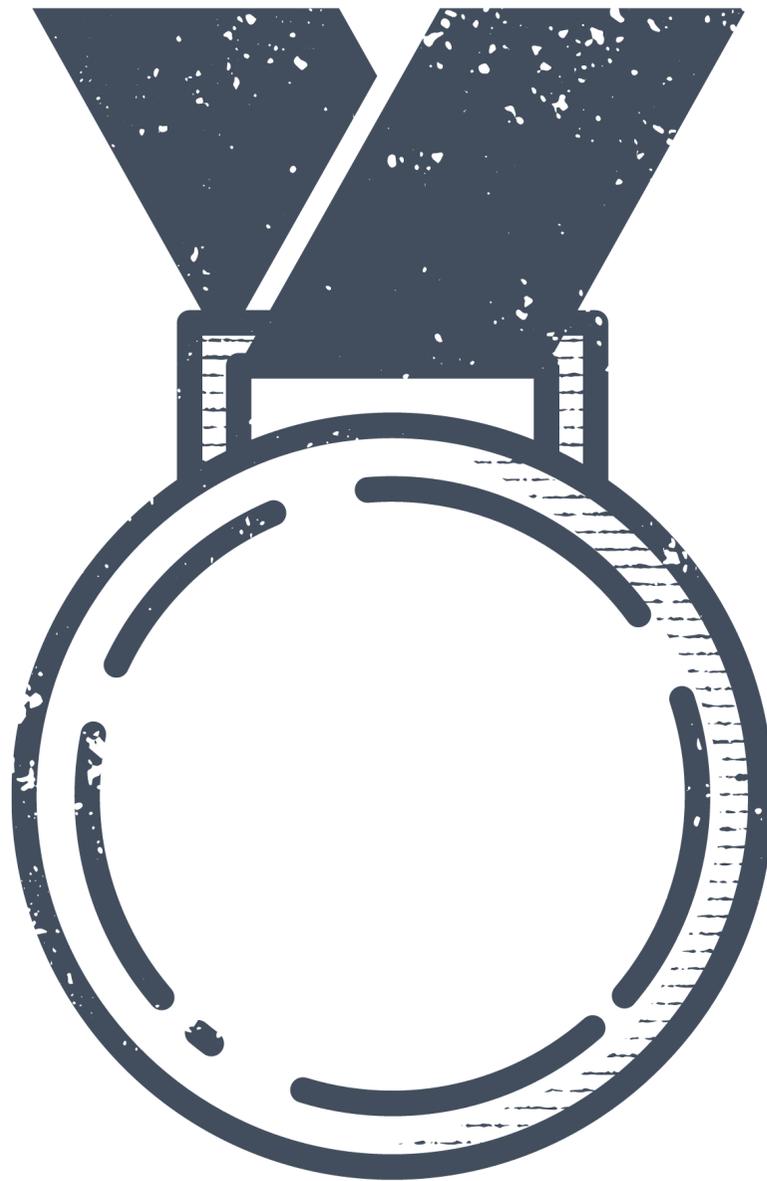
# **CORONATION CHALLENGE**

COLOUR  
ME IN



# WEEK 19

## FAMILY HIIT



WHO GETS  
THE MEDAL?

COLOUR  
ME IN



WINNER \_\_\_\_\_

# WEEK 20

# YOGA CHALLENGE

HOW DID DOING YOGA MAKE YOU FEEL? CALM? RELAXED?  
WRITE ABOUT YOUR YOGA EXPERIENCE BELOW.

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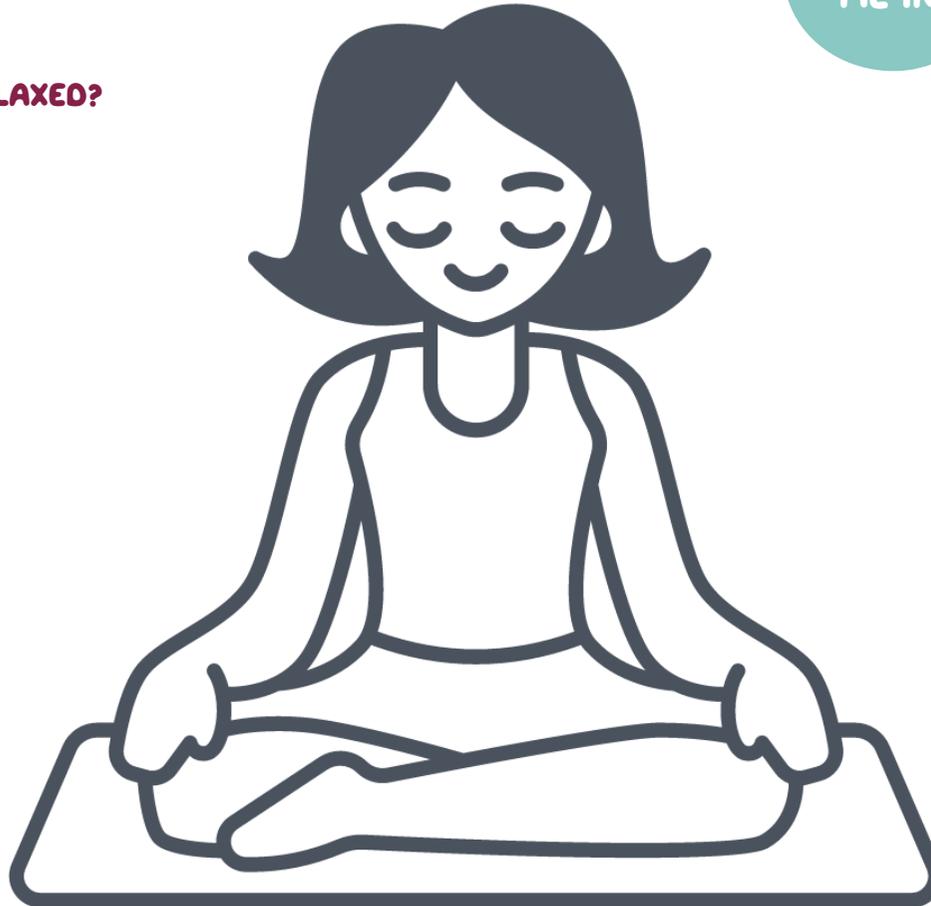
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COLOUR  
ME IN

HOW DO  
YOU FEEL?

# WEEK 21

# BURPEE CHALLENGE

- † STAND WITH YOUR FEET ABOUT HIP-WIDTH APART AND YOUR ARMS BY YOUR SIDES
- † BEND DOWN AND PLACE YOUR HAND FLAT ON THE FLOOR IN FRONT OF YOUR FEET
- † JUMP YOUR FEET OUT BEHIND YOU IN TO A HIGH-PLANK POSITION. KEEP YOUR TUMMY TIGHT AND BACK STRAIGHT
- † JUMP FEET BACK TO HANDS AND THEN SPRING INTO THE AIR LIKE A FROG!

...TO MAKE IT HARDER, ADD IN A PUSH UP ONCE YOU ARE IN PLANK POSITION, OR A SQUAT AFTER YOU JUMP IN THE AIR!



COLOUR ME IN

CHALLENGE YOURSELF TO KEEP DOING MORE!



I COMPLETED \_\_\_\_\_ BURPEES

# WEEK 22

# BICYCLE CHALLENGE

DON'T FORGET TO WEAR A HELMET!

WHERE DID YOU GO ON YOUR BIKE RIDE?  
WRITE ABOUT YOUR JOURNEY...

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