

2023 ACTIVE CHALLENGE

APRIL

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 14

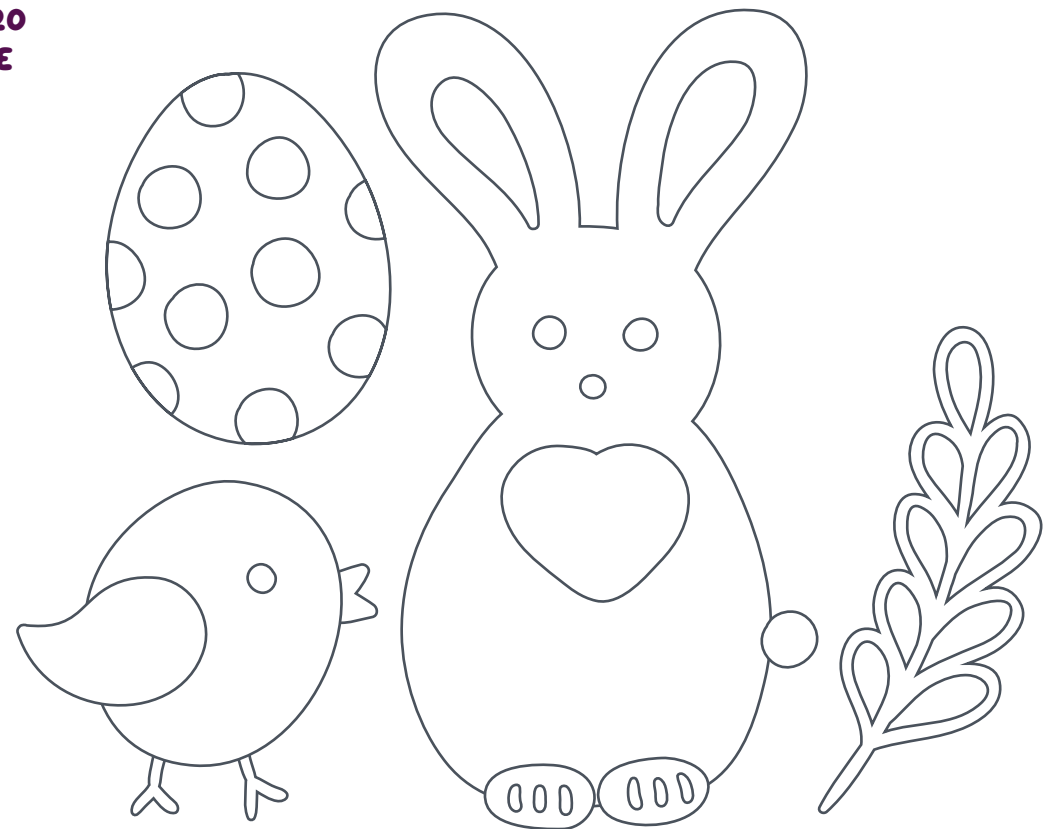
EASTER BUNNY HIIT WORKOUT

HOW MANY
ROUNDS DID
YOU DO?

COLOUR
ME IN

HOP TO IT WITH 40 SECONDS FOR EACH EXERCISE, WITH 20 SECONDS OF REST IN BETWEEN. CAN YOUR KIDS COMPLETE THREE ROUNDS?

- † JUMPING JACKS
- † HOP ON YOUR LEFT LEG
- † ROCKET JUMPS
- † HOP ON YOUR RIGHT LEG
- † BUNNY HOPS



ROUND 1

ROUND 2

ROUND 3

WEEK 15

**FAMILY
GOLF**



**WHO WAS
THE WINNER?**

**COLOUR
ME IN**



WINNER _____

WEEK 16

FITNESS

HIDE & SEEK

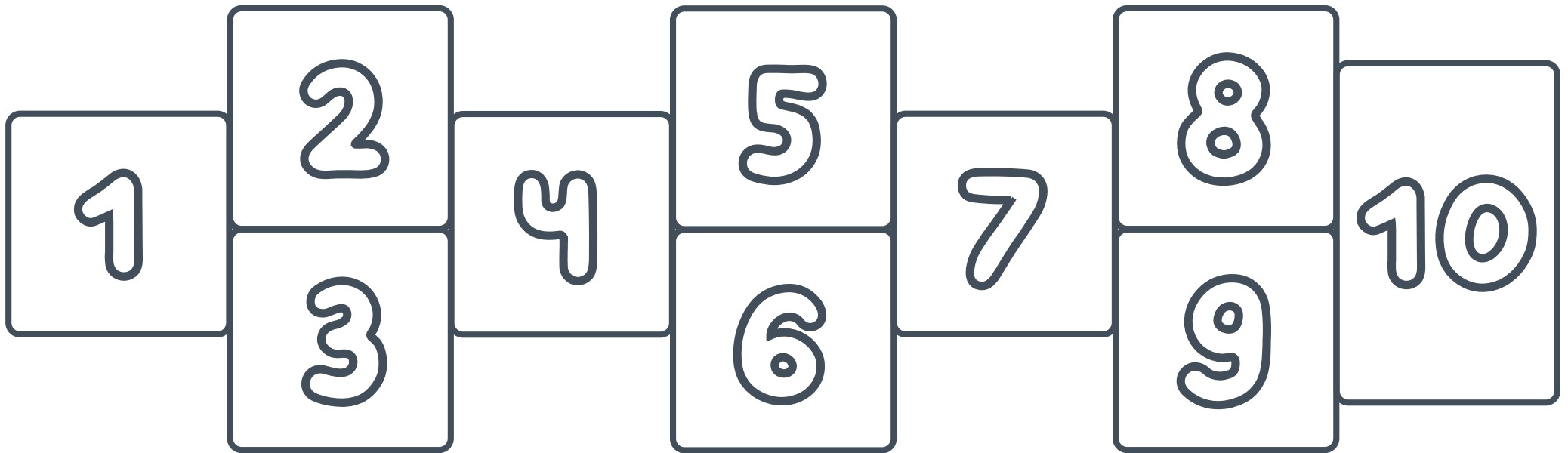
WHERE
WOULD YOU
HIDE?

COLOUR
ME IN



WEEK 17

FITNESS HOPSCOTCH



COLOUR
ME IN