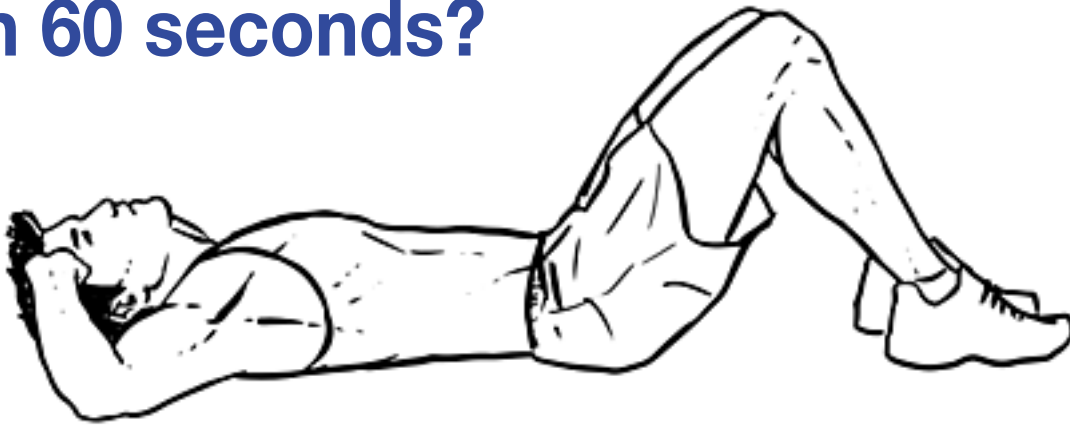


MONTHLY Challenge

February Monthly Challenge FULL RANGE SIT-UPS

***How many full range sit-ups can you do in 60 seconds?**



Competitors can try numerous times

throughout the month of February.

Challenge will end Saturday 29th February 2020 at 9:00am.

So come on give it a go...



* Hands remain behind head. Knees bent.