

VIRTUAL CHALLENGES

REGISTER TODAY.

LET'S MOVE SAVE LIVES!

Choose Your Own Challenge

Let's MOVE – Save Lives!

If our other Virtual Challenges just aren't your thing, that's OK! There are plenty of fun ways to get active and help those in need this summer. You can choose your own challenge with some of the ideas below or blow us all away with one of your own!

Dancing

Take on a TikTok dance challenge or break out those Salsa moves. Dancing is a great way to get active, so pick your favourite songs and get to it!

Zumba

Get fit with a Zumba challenge, learn the moves and get on the floor with some fast paced aerobics and a mix of African, Caribbean and Latin steps.

Rollerblading

Set a distance and roll on through! Rollerblading is a great way to do an aerobics challenge, as you'll burn hundreds of calories in as little as 30 minutes.

Yoga

Yoga offers you a way to perfect your balance and find some inner peace, so challenge yourself to see how long you can hold a pose or do 30 days of yoga!

Kickboxing

Kickboxing is very high intensity, so get ready to work up a sweat with this challenge. You could do 1,000 high kicks or even take on a professional kickboxer's workout.

Parkour

Run, jump, climb and flip your way through this challenge. Parkour is a great way to flex your agility, so set yourself an obstacle course or a certain number of moves and get to it.

Headstands

Learn how to headstand from scratch or see if you can beat the world record and hold it for over 2 hours! Take on a headstand challenge for balance and strength.

Squats

Do 250 squats in 30 days or see just how long you can hold your squat for! This challenge might seem easy to start with, but you'll feel the burn in no time.

Planking

Try to plank for 5 minutes straight! It's going to take some training, so track your progress each day and let others know how you're doing.

Hopscotch

Put your balance and speed to the test in a hopscotch challenge. Hop your way to 100 or create your own hopscotch course.

Ping-pong

Challenge yourself to do some ping-pong trick shots or find an opponent and challenge them to a game.

Weightlifting

Put those muscles to the test! Challenge yourself to bench-press your body weight or set a goal for how many curls you'll do in a week.

Sit ups

Do 100 sit ups or take on a 30 day sit up challenge. A sit up challenge is great for your core strength and great for the people you're fundraising for.

Basketball

Use your basketball skills to make 50 slam dunks, dribble the ball for 2 hours straight or run through drills for 30 days.

Hiking

If you live near a nice hiking route, get out there and challenge yourself to a long hike or go hiking every day for a month.

Hula hooping

Hula hooping isn't just for kids. Take on a 30 day hula hooping challenge or see how long you can keep your hoop up – the record is 74 hours!

Walk-a-thon

Try challenging yourself to a walk-a-thon! Set yourself a goal, and walk your neighbourhood for charity.

Martial Arts

Put your martial arts skills to test with a martial arts challenge. From Kung Fu to Capoeira, you can kick butt for charity.

Jump roping

Jumping rope is a great challenge, all you need to do is pick up a rope and jump to it! Set a certain number of reps or jump to match donations.

Pilates

Feel those muscles burn when you take on a Pilates challenge! Test your muscle control and show the world you're willing to workout for charity.

Boxing

Ready to be a champion for charity? Try a boxing challenge to raise funds! Do 10,000 punches in 30 days or get on that punching bag and try to beat a pro boxers hit score.

Handstands

See how long you can hold your handstands for or even master walking on your hands in a certain number of days. A handstand challenge is the perfect way to push yourself and see great results.

Gymnastics

Whether you're already gymnast or you're just interested in seeing how many cartwheels you can do in an hour, taking on a gymnastics challenge is great for learning new skills and testing yourself.

Push ups

Get down and give me 1,000! Set yourself a good goal and get down to it on this push ups challenge.

Football

You can challenge a friend or family member to a 1 on 1 game or work on perfecting a trick shot worthy of the premier league.

Juggling

See how long you can keep your balls in the air or see how many objects you can juggle with.

Foosball

If you've got a foosball table, try and see how many games you can win in a row or challenge yourself to one-handed playing.

Skateboarding

Skateboard the length of your city or learn to do a kickflip like Tony Hawk. Challenge yourself to land 20 skateboarding tricks or just work on your balance.

Crab walks

Try to crab walk for a mile in the park or take on a crab walk relay race with the kids. This challenge works almost all your muscles from your shoulders to your toes.



Trampolining

Jump till you can't anymore with this challenge! Try doing different tricks on the trampoline or keep jumping for 24 hours.

Frisbee

Challenge yourself to see how far and fast you can throw your Frisbee or take on this challenge with someone else and see who comes out on top at an ultimate Frisbee match.

Jumping Jacks

Start jumping for charity with a star jumps challenge! Can you do 10,000 jumping jacks or 60 jumping jacks every morning for a month? Put yourself to the test!

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