

SCARLETT'S

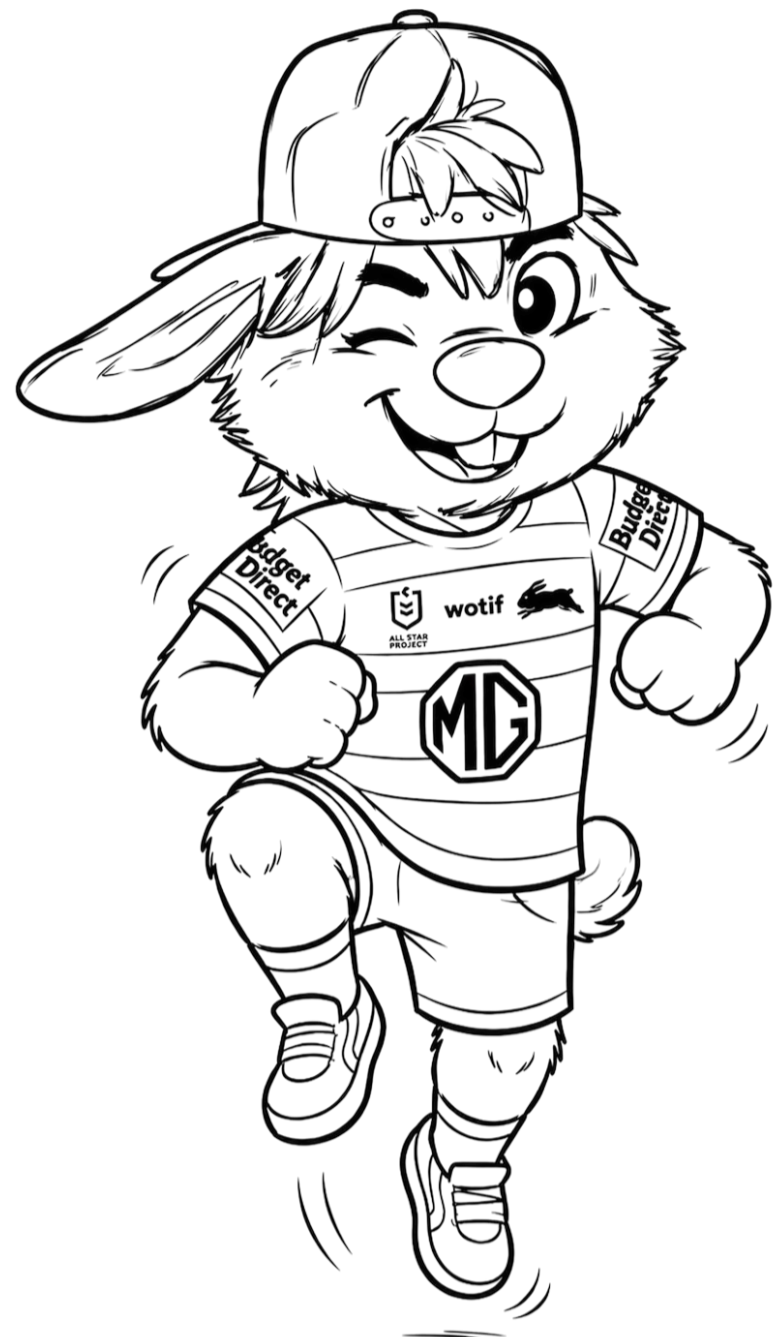
OBSTACLE COURSE



Scarlett is the fastest of the lot. She reckons the best way to feel great is to keep moving. Try her five-move obstacle course anywhere you like!

Move One

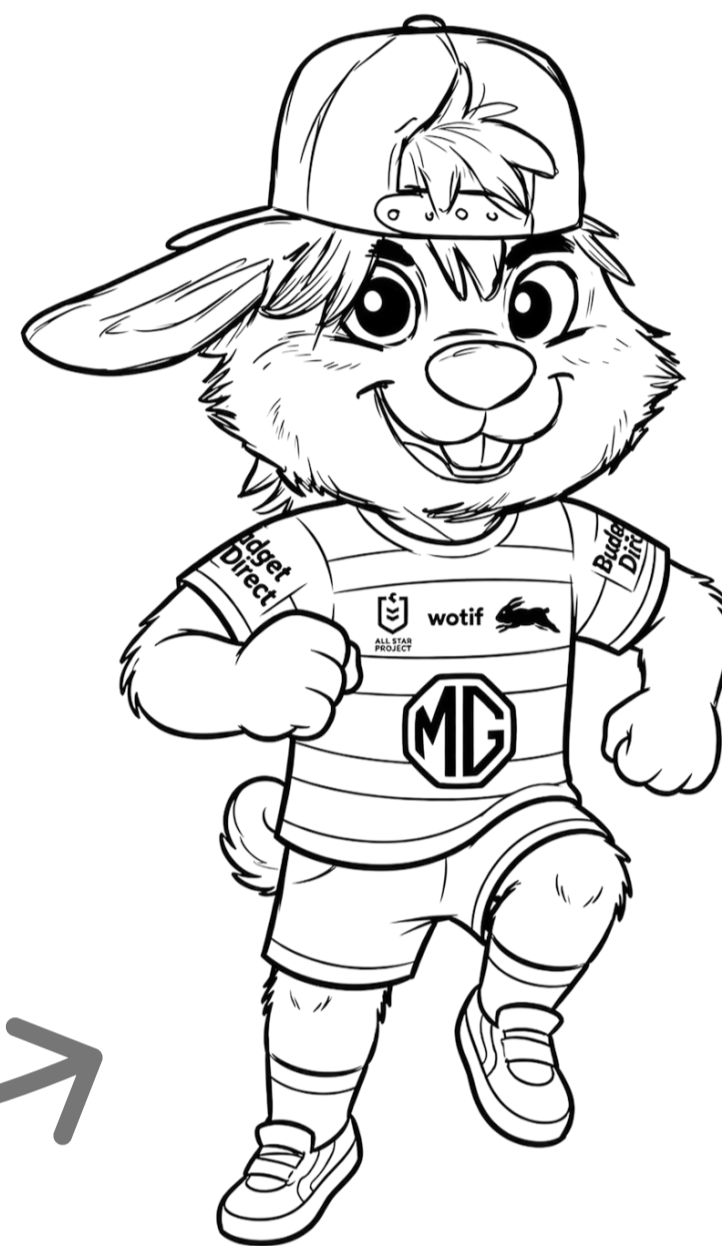
THE RABBIT HOP



Hop forward on both feet, x 10 times. Go!

Move Two

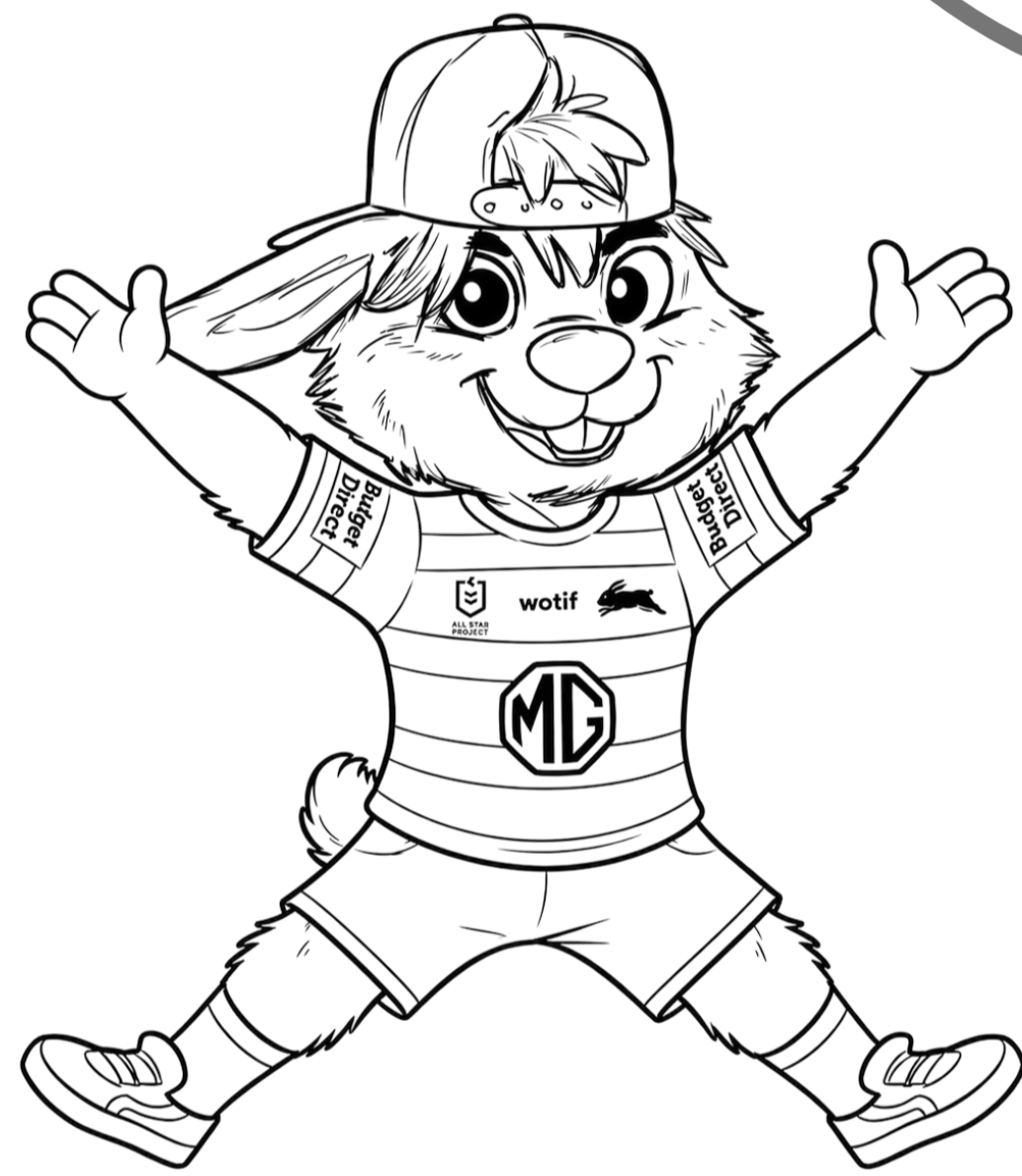
JACK'S LIGHTNING RUN



Run on the spot as fast as you can for 10 seconds!

Move Three

STAR JUMP



Jump out wide with your arms and legs. Do three big ones!

Move Four

ONE-FOOT BALANCE



Can you balance on one foot for five seconds? Try the other foot too.

Move Five

THE REGGIE LEAN



This one is a Rabbitohs classic. Raise your arms and lean left-to-right like you are firing up the crowd.

Did you try the course?
Tick a box every day this week!

Mon Tue Wed Thu Fri



SCARLETT SAYS

"I do not sit still, and neither should you. Let's go!"

