IFICANYOUCAN.COM.AU

IF I CAN YOU CAN CHALLENGE

FIGHT4BALANCE F4B DISABILITY STRONG

THREE CHALLENGES ONE MISSION.

Join First Responders, Schools, Corporate & Sporting Clubs across Australia in our mission to build inclusion, raise awareness and empower young people with disabilities.

THREE WAYS TO CHALLENGE YOURSELF

60 SEC GYM BIKE CHALLENGE



Record your maximum calories burned in 60 seconds on a gym bike.

'HANG TIME' CHALLENGE



How long can you hang? Record your best dead hang time in seconds.

30 DAY 'NO SPILL SQUAT' CHALLENGE



Complete as many squats as possible over 30 days without spilling your drink.

KEY DATES 2026

03 OCT 2026	03 NOV 2026	03 DEC 2026
REGISTRATIONS OPEN	CHALLENGE GOES LIVE	CHALLENGE ENDS International Day of People with Disability

SOLO OR TEAM

ALL FITNESS LEVELS

ALL ABILITIES WELCOME

IFICANYOUCAN.COM.AU

TOGETHER WE CAN POWER INCLUSION AND CHANGE LIVES.

FIND OUT MORE & REGISTER: IFICANYOUCAN.COM.AU