THREE WAYS TO CHALLENGE YOURSELF

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IF I CAN YOU CAN CHALLENGE



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.

SOLO OR TEAM

ALL FITNESS LEVELS

ALL ABILITIES WELCOME

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TOGETHER WE CAN POWER INCLUSION AND CHANGE LIVES.

FIND OUT MORE & REGISTER: IFICANYOUCAN.COM.AU