

Team CF Superheroes

A - Z
FUNDRAISING
ACTIVITIES!

CHOOSE A CHALLENGE THAT'S RIGHT
FOR YOU AND JOIN TEAM
CF SUPERHEROES.

WE'VE COMPILED A
LIST OF OUR
FAVOURITE
ACTIVITIES
AROUND THE
HOME FOR
YOU TO
TRY....

BOUNCE

A - AEROBICS

B - 'DO YOU HAVE A
TRAMPOLINE? HOW LONG CAN YOU
BOUNCE FOR?' - BURPEES - BALLET

C - CYCLING - ANYWHERE, ANY DISTANCE

D - DANCING, DODGEBALL..



...AND DEADLIFTS!

E - EQUESTRIAN
F - FORWARD ROLLS
G - GYMNASTICS
H - HULA HOOPING,
HIGH KNEES

I - INCHWORM
J - JUMPING & JOGGING
K - KARATE LESSONS,
KEEPY LUPEES,
KETTLEBELLS

E-K

LMNOP..

L - LUNGES
M - MOUNTAIN CLIMBERS
N - 'NEVER DROP THE BALL'

O - OBSTACLE COURSE
P - PLANK / PUSH UPS

L-P

Q - QUICK LAP AROUND THE
PARK, QUDDITCH (!),
QUADRATHLON
YOU CHOOSE
THE FOUR
ACTIVITIES
R - RUNNING

Q-R

S

S - SKIPPING ROPE,
SQUATS, STAR JUMPS, STAIRS

T - TABLE TENNIS
U - UPSIDE DOWN HANDSTAND
V - VOLLEYBALL / W - WEIGHTS
X - XERCISE / Y - RAISE SUPERHERO POSITION!
HOW LONG CAN YOU HOLD IT?!

Y - YOGA Z - ZUMBA

T-Z

READY FOR YOUR
CHALLENGE? SIGN UP
TODAY AND JOIN TEAM
CF SUPERHEROES!