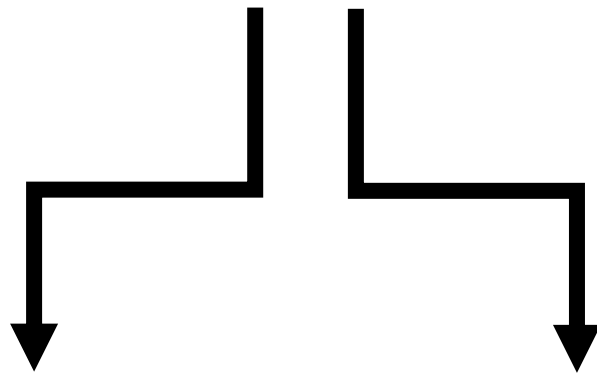


Would you rather?



Climb a mountain
in the snow



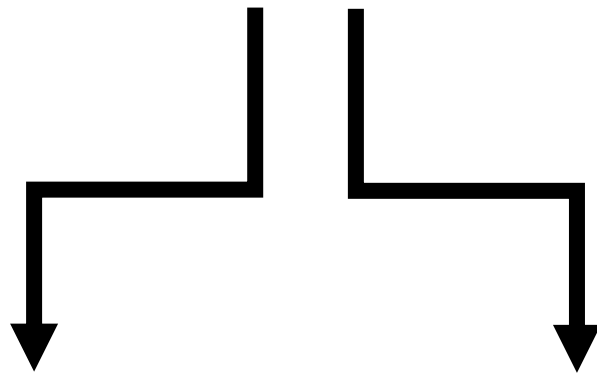
Do 5 sit-ups

Climb a sand dune
in the sun



Do 5 star jumps

Would you rather?



Swim to France
with no goggles



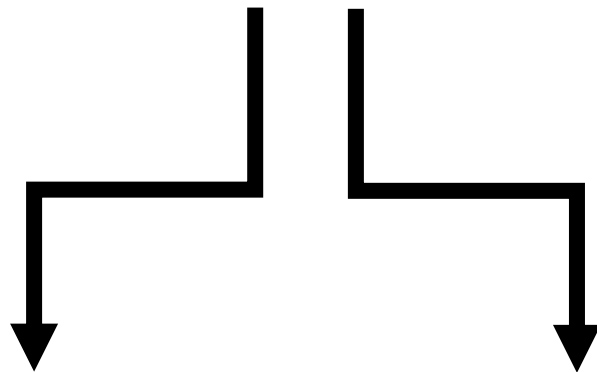
10 hops left leg, 10
hops right leg

Run a marathon with
no trainers



5 air squats

Would you rather?



Sail a yacht in a
storm



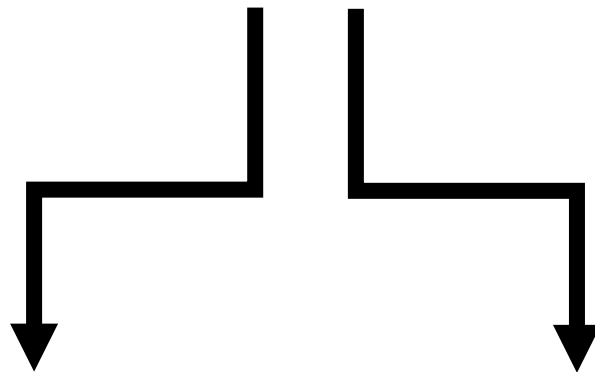
5 push ups

Do a parachute jump



Run on spot for 15
seconds

Would you rather?



Go rock climbing



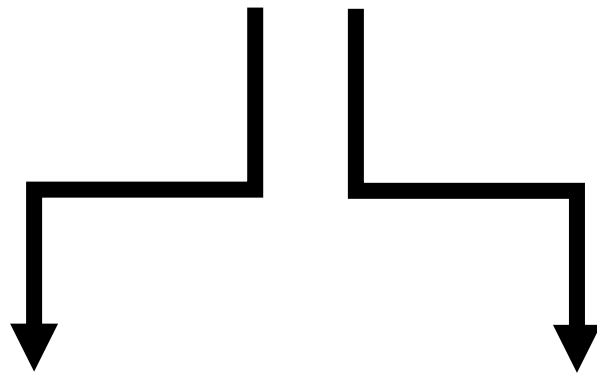
Jump on spot for
15 seconds

Go caving
underground



Jump as high as
possible 3 times

Would you rather?



Compete in the
Olympics



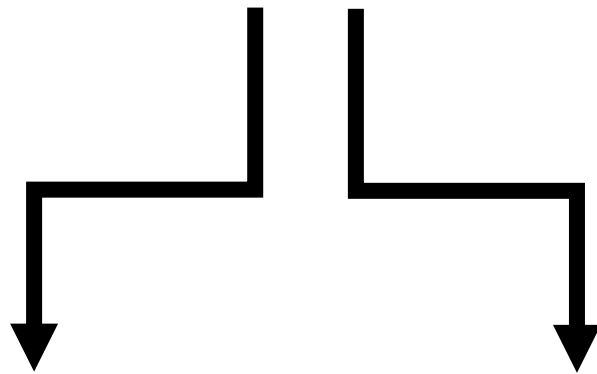
2 footed jump as
far as possible 3
times

Commentate on the
Olympics



Lie down on your
back and get up 5
times

Would you rather?



Dance on stage for
the Queen



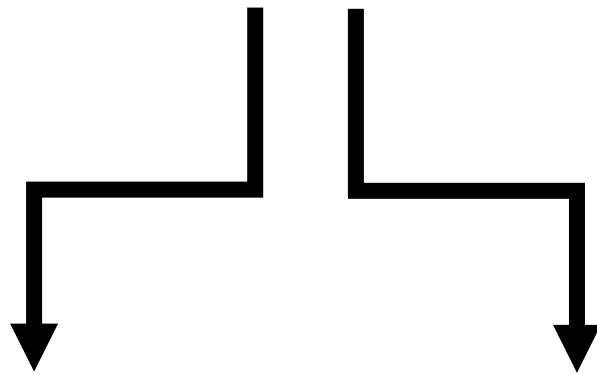
Skip on spot for 15
seconds

Compete on 'Strictly
Come Dancing'



Lie down on your
tummy and stand
up 5 times

Would you rather?



Ride a unicycle



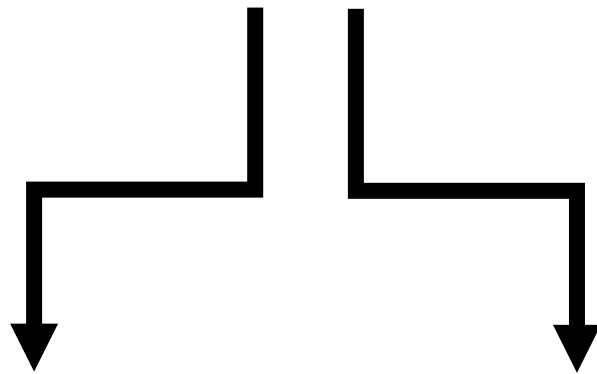
5 tuck jumps

Ride a tandem bike



Plank hold on
hands or elbows for
15 seconds

Would you rather?



Stand still all day



Balance on left
foot for 15 seconds

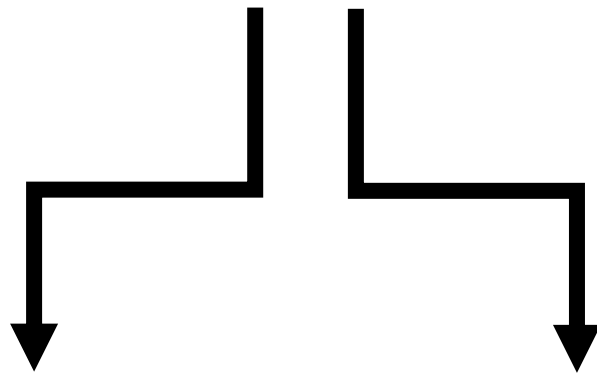
Not speak all day



Dish hold for 15
seconds



Would you rather?



Have feet for hands



Balance on right
foot for 15 seconds

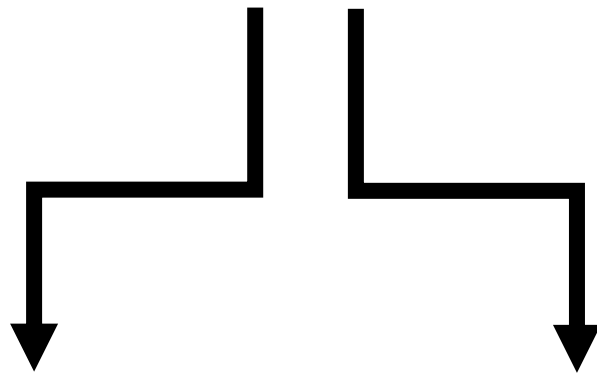
Have hands for feet



Arch hold for 15
seconds



Would you rather?



Play 24 hours of
badminton



Balance on tiptoes
for 15 seconds

Dance for 24 hours



Balance on heels
for 15 seconds