

World Records

Below are some world records, do you think you could beat any in 1 minute?

| Activity | World record holder | Score | Nationality |
|-----------------------|--|----------|---|
| Jumping Jacks | Kapil Kumar | 103 | India  |
| Push ups | Krunoslav Budiselic | 140 | Croatia  |
| Sit ups | Mike Janko (Male) Alicia Weber (Female) | 87 59 | USA  |
| Burpees | Lee Ryan (Male) Leigh Scott (Female) | 46 40 | UAE  UK  |
| Tricep Dips | Stephen Buttler | 119 | UK  |
| Skips | Daisuke Mimura | 348 | Japan  |
| Lunges | Sandra Hickson | 80 | Ireland  |
| Standing Long Jump | Arne Tvervaag | 3.7m | Norway  |
| Highest Standing Jump | Christopher Spell | 1.62m | USA  |

Can you set your own records? See if you can beat the world record by adding up your 3 attempts.

If you are not sure how to do the activity use a search engine to look up the activity.

| Activity | 1 st Attempt | 2 nd Attempt | 3 rd Attempt | Overall |
|--------------------|-------------------------|-------------------------|-------------------------|---------|
| Jumping Jacks | | | | |
| Push ups | | | | |
| Sit ups | | | | |
| Burpees | | | | |
| Triceps Dips | | | | |
| Skips | | | | |
| Lunges | | | | |
| Standing Long Jump | | | | |
| Standing High Jump | | | | |

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