

**STEP IT UP!**  
WITH **ROBERT IRVINE'S**

# How to



*What you need  
for a two-team  
obstacle course\**

**Exercise mats** *(optional)*

**Room to move indoors  
or outdoors**

**Energy and good music**

**Pure Life® water**

## Brunch and Crunch

### Let the fun overflow!

1. Jump from side to side 10 times.
2. Do 10 push-ups.
3. Refresh with Pure Life® water.
4. Add jumping jacks, jogging in place, or another high-energy exercise to the mix and do it 10 times.
5. Refresh with Pure Life® water.
6. Repeat the exercises above three times.
7. Refresh with Pure Life® water!

### More Summer Challenges

1. Take a group exercise or dance class.
2. Take tennis, golf, or other lessons together.
3. Play a game of volleyball or frisbee.
4. Take a group hike.
5. Try a new indoor or outdoor activity.

*\* If you don't have these items, no problem!  
Use what you have and be creative. It's all  
about having fun together.*



Step it up and share with  
**#PureLifeSummerChallenge**