

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

How to



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

2 large hopper balls

10 small orange cones

2 workout ladders

2 wiffle ball bats

2 soccer balls

Soccer goal

Pure Life® water

Obstacle Course

Each team repeats these steps

1. Place the large hopper ball at the starting line.
2. Arrange the cones in two straight lines. Allow for a little space after the last cone and lay down the workout ladder vertically in front of the cones.
3. Allowing a safe amount of space, place the wiffle ball bat on the ground.
4. Off to the side, at a good distance to allow for a short run, place the soccer goal and the two soccer balls in front of it.

Navigate for success

1. One player at a time on each team sits on the large hopper ball.
2. Bounce around the cones and get off the ball.
3. With both feet, hop into each box of the ladder.
4. Run to the wiffle ball bat and stand it straight up, holding it with a hand.
5. Bending over, place your forehead on the bat and spin around in a circle three times.
6. Run to the soccer station and kick the ball into the goal.
7. Each person on each team repeats this order.
8. The first team to have all their members kick a ball into the goal wins!

More Fun Summer Challenges

1. Organize a scavenger hunt.
2. Try a new outdoor activity together.
3. Challenge each other at a game of miniature golf.
4. Play backyard soccer or basketball.
5. Take a dance or fitness class together.

** 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