**Hartlepool Athletics Club**

**‘Stay Fit Campaign’**

**Weekend Challenge**

**Week 7**

**This weekend we are bringing back the very popular 3x Sally Up, Sally Down challenges!**

**There are 3 different variations of the challenge and we will release one Friday, Saturday and Sunday for you to have a go at.**

**You will received 1 ticket for each of the variations completed so 3 tickets up for grabs over the weekend!**

**Friday – Jump Squats**

<https://www.facebook.com/hartlepoolathletics/videos/2618831011731003/>

**Saturday – Leg Raises**

[**https://www.facebook.com/hartlepoolathletics/videos/240056273727830/**](https://www.facebook.com/hartlepoolathletics/videos/240056273727830/)

**Sunday – Forward Lunges**

[**https://www.facebook.com/hartlepoolathletics/videos/233358217767057/**](https://www.facebook.com/hartlepoolathletics/videos/233358217767057/)

**Here is the YouTube link to the song Sally Up, Sally Down**

<http://youtu.be/koMp3ei4xJw>