**Hartlepool Athletics Club**

**‘Stay Fit Campaign’**

**Weekend Challenge**

**Week 12**

**Sally Up, Sally Down Challenge has returned for 1 final time!**

**Use this YouTube video to play the song and off you go!**

**https://youtu.be/koMp3ei4xJw**

**3 tickets up for grabs!**

**Fridays – Hip Thrusts**

**Saturday – Bulgarian Split Squats**



**Sunday – Tuck Jumps**

**Enjoy!**

**Send your efforts into John via WhatsApp or Email hartlepoolathletics@gmail.com**