

# WICKED WORKOUT

**EXCELLENT! YOU WANT TO MAKE THE GROWN-UPS IN YOUR LIVES REALLY SWEAT WITH SOME SERIOUS EXERCISE FOR SPORT RELIEF!**

**AND HOW COULD THEY REFUSE WHEN YOU TELL THEM THAT IT IS FOR SUCH A GOOD CAUSE?**



Fill in how many or for how long

Grown up name			
Press ups			
Sits ups (doesn't mean sitting up in their chair!)			
Star jumps			
Crunches (doesn't mean eating biscuits!)			
Squats			
Weightlifting (you could be the weight!)			

## HOW TO RAISE MONEY:

1. Ask friends and family to sponsor the grown-ups by downloading a sponsorship form or setting up a giving page with them at [sportrelief.com/givingpage](https://sportrelief.com/givingpage)
2. Get the grown-ups to pay to have a go (you are improving their fitness, after all!)
3. If they're really allergic to sport, they could pay a hefty donation not to take part!

Don't forget to warm up and this doesn't mean just turning up the radiators or putting on socks!  
These grown-ups need to sweat!

