**Fitness Activity Challenge (1)**

**Have fun! Warm up and make sure you stretch before and after the activity.**

**SHAKE IT OFF**

**Instructions**

Youtube – Taylor Swift – Shake It Off Official Video

<https://www.youtube.com/watch?v=C-Fruwatviw>

Every time you hear the word ‘SHAKE IT OFF’ you must perform a BURPEE. For the remainder of the song you must continue to jog on the spot at a pace that is comfortable to you.

**What is a Burpee?**

