**Fitness Activity Challenge (2)**

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

**DANCE MONKEY**

**Instructions**

YouTube – Tones & I – Dance Monkey Official Video.

<https://www.youtube.com/watch?v=q0hyYWKXF0Q>

At the beginning you must be in a PLANK position. Every time you hear the word ‘DANCE’ you must perform a PUSH UP and then back down into holding a PLANK.

**What is a PLANK? What is a PUSH UP?**

