

SUMMER HOLIDAY CHALLENGE

No.5

PECULIAR POWERLIFTING

Enter for
a chance
to win!



It's important to keep getting active over the summer holidays so we're challenging you to 'try something new' with Team GB and ParalympicsGB athletes!

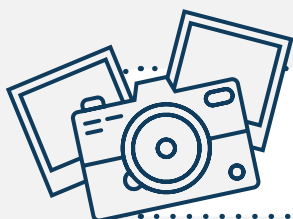
Powerlifting is a Paralympic sport which needs great upper body strength. It has been part of the Paralympic Games since 1984. Try this **powerlifting challenge** and then share your photo or video with us and you may win a prize!

What do I need?

- A mix of light objects e.g. a toy, a mop, a cushion

How long will it take?

10 minutes +



Share your best photo or video and you may win a prize!

(see 'How to enter' for more details.)

Make sure your
objects are not
too heavy, sharp
or breakable.

What should I do?

1. Find an area with **enough space** to do the challenge.
2. Lie down flat on your back and **hold your object** with both hands.
3. Start with your object next to your chest with bent arms.
4. **Lift your object** upwards and straighten your arms with locked elbows.
5. Lift your object three times.
6. Repeat with at least two other objects.
7. Take a picture or video of your powerlifting attempts!

Go to: getset.co.uk/travel-tokyo/summer-holiday-challenges to watch the video.

How to enter

Share your photo or video on social media or by email:

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

 getset@getset.co.uk

Submit your
challenge
attempt by:
**5th September
2021**

How the challenge will be judged

Challenge attempts will be judged by a Travel to Tokyo panel who will be looking out for:

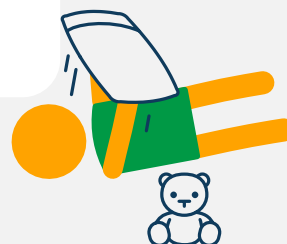
1

**Powerlifting
technique**



2

**Creative
objects**



Log your activity

Don't forget to log your activity against your team for the chance to win great prizes.

getset.co.uk/travel-tokyo/log-activity

**Good
luck!**