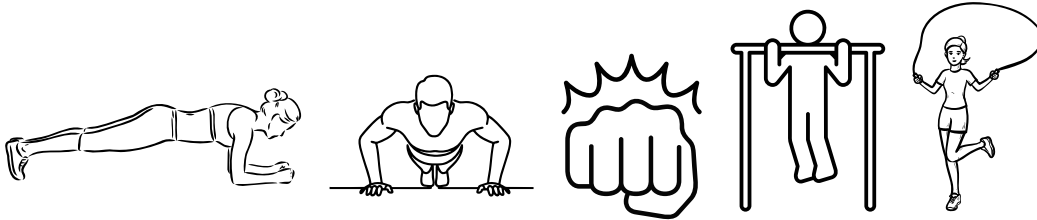




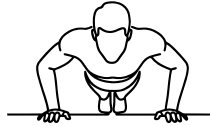
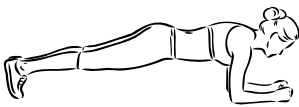
What do you think the world records are for these forms of fitness? Take a guess then watch a video and find out the correct answers. Then, try them yourself. How well can you do?



1. Longest time in abdominal plank (female) ?
Hours. Minutes.
2. Longest time in abdominal plank (male) ?
Hours. Minutes.
3. Most one-arm thumb push ups in 1 minute ?
4. Most full contact punches in 1 minute ?
5. Most consecutive handstand push ups ?
6. Longest time in a human flag position ?
Minutes. Seconds
7. Most pull ups in 24 hours (female) ?
8. Most skipping cross overs in one minute ?
9. Most one finger push ups in one minute ?
10. Most full extension punches in one minute ?



What do you think the world records are for these forms of fitness? Take a guess then watch a video and find out the correct answers. Then, try them yourself. How well can you do?



1. Longest time in abdominal plank (female)

Hours. Minutes.

? 4 hours
19 minutes

2. Longest time in abdominal plank (male)

Hours. Minutes.

? 8 hours
15 minutes

3. Most one-arm thumb push ups in 1 minute

? 44

4. Most full contact punches in 1 minute

? 654

5. Most consecutive handstand push ups

? 52

6. Longest time in a human flag position

Minutes. Seconds

? 1 min.
5 seconds

7. Most pull ups in 24 hours (female)

? 3,737

8. Most skipping cross overs in one minute

? 108

9. Most one finger push ups in one minute

? 57

10. Most full extension punches in one minute

? 334

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