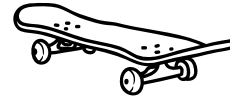
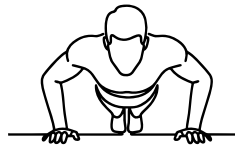
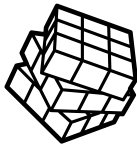




CRAZY WORLD RECORDS

What do you think the world records for these events?
Take a guess, then check your answer by watching the video.



1. Highest Wave Ever Successfully Surfed.

?
Meters

2. Eating A Banana With Your Hands Tied

?
Seconds

3. Solve 3 Rubiks Cubes At The Same Time

?
Minutes

4. Longest Staying In Ice, Full Body.

?
Hours, Minutes

5. Shortest Time To Drink 2 Liters Of Cola

?
Seconds

6. No. of Football Juggles With Ball On Head

?

7. No. of One-Finger Pushups in 1 Minute

?

8. Time To Eat A 30cm Pizza

?
Minutes, Seconds

9. Length Of The World's Longest Skateboard

?
Meters

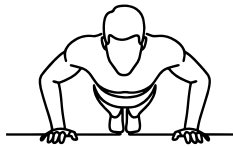
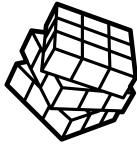
10. Time To Hold 1 Musical Note While Singing

?
Meters



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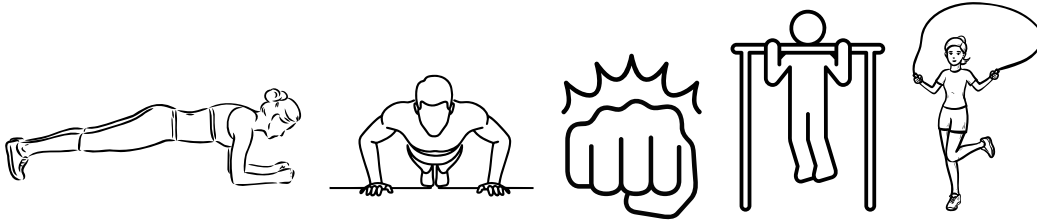
?
Meters

10. Time To Hold 1 Musical Note While Singing

?
Minutes, Seconds



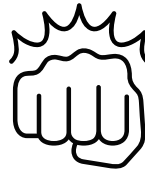
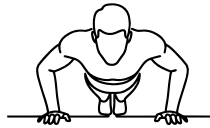
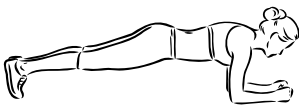
What do you think the world records are for these forms of fitness? Take a guess then watch a video and find out the correct answers. Then, try them yourself. How well can you do?



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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