

Mr T's Global 'High Rise' Fitness Challenge

In this challenge you are going to try and climb up some of the world's most iconic and tallest building.

- Each step classes as 1 meter climbed
- Keep a record, diary, video log
- There are some time zones where some steps count as double

Extension 1: Anatomy and Physiology

1. Can you name the main muscles and body systems that you will be using?
2. What sports use the same (as answer 1)?
3. What type of training could you do to help improve your ability to climb faster and with more ease?

Extension task 2: Cross Curricular

1. Research 3 interesting facts about the city where the tower is located?
2. What language do they speak and how do you say hello?
3. Who is the most famous person from that country and why?

Preparation:

Remember to warm up, stretch, cool down and have enough food and drink for this challenge.

