

North America

Fun Fact: North America is the third largest continent in world, ranking just below Asia and Africa (which are the first and second largest continents, respectively).



Task: None! Land of the free! Pick your own exercise and do 10 of them!

South America

Fun Fact: South America contains the world's longest mountain range



Task: 10 push ups

Europe

Fun Fact: Europe is the second smallest continent in size but the third largest in population.



Task: 10 sit-ups

Africa

Fun Fact: Africa is the most centrally located continent in the world.



Task: 10 squats

Asia

Fun Fact: Asia is the largest continent on the planet.



Task: 10 crunches

Australia

Fun Fact: Australia is the only continent in the world without an active volcano.

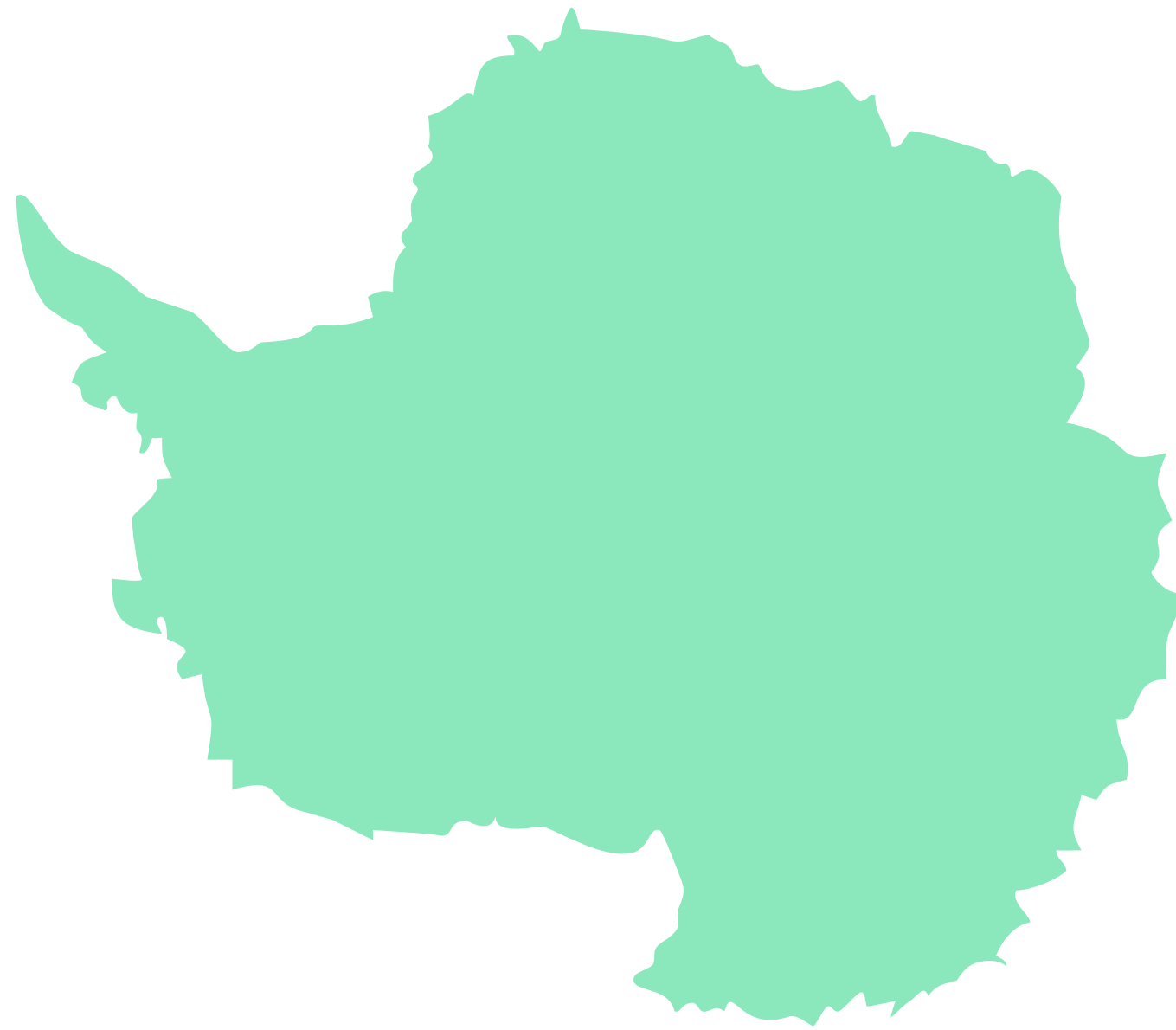


Task: Do 10 jumping jacks

Antarctica

Fun Fact:

Antarctica is the highest, driest, coldest and windiest continent on Earth



Task: 2 10 second planks