

Name	Run With bubble-mate	How did you include them?	Two-minute press-ups	How many press-ups?	Hill climb	Which hills?	Hill climb link	Body part	Which body part?	Body part strava link	Bonus points	Total points
	<i>Did you manage to include isolation-mates in your exercise?</i>											
<i>Your name</i>		<i>How did you include your bubble-mate?</i>	<i>Did you do a 2 minutes of press-ups</i>	<i>How many press-ups?</i>	<i>Did you run a hill-climb challenge?</i>	<i>What hills did you run?</i>	<i>Hill climb strava activity(ies)</i>	<i>Did you draw a body part with your route?</i>	<i>What body part did you draw?</i>	<i>Body part activity on strava</i>	<i>Bonus points</i>	
Amanda Broughton	☑	Squats with the toddler!	☑		☑	Onslow, The pylon track, Wadestown	https://www.strava.com/activities/3305186612 , https://www.strava.com/activities/3273718811 , https://www.strava.com/activities/3282244536	☑	An Eye	https://www.strava.com/activities/3305186612	cddeffik	13
Don Stevens	☑	Three in our bubble did Mark Anderson's Thurs night core class via Zoom	☑		☑	Lots, Orangi Kaupapa Rd, Makara Hill, Te Ahumurangi, around Polhill	https://www.strava.com/activities/326454689 , https://www.strava.com/activities/3260739154	☑	Right hand	https://www.strava.com/activities/3256470651	ddddeiii	12
Walter Somerville	☑	Took him for a walk, he responded to my engaging conversation by falling asleep	☐		☑	Mt Vic	https://www.strava.com/activities/3252040381 https://www.strava.com/activities/3287232370	☑	Foot/lower leg	https://www.strava.com/activities/3268537271	cdekppppp	12
Sarah-Grace Breen	☑	1. Dragged all the flatmates out on a hike along the skyline. 2. We made core circuit Tik toks https://vm.tiktok.com/nTFjJr/	☑		☑	Onslow road, aro valley, Miramar climb your prison, Mt Victoria,	https://strava.app.link/xFzYsITE5 https://strava.app.link/E7NyypTE5 https://strava.app.link/IR8QSVuTE5 https://strava.app.link/w5CbVsiTE5	☑	A penis haha	https://strava.app.link/GSDUGRoTE5	cdddi	11
James Turner	☑	Joint pilates strength class with my wife - and our cat joined in for some of it!	☑	63	☑	Makara Hill and Aro Valley	https://www.strava.com/activities/3300455488/segments/2685265134345495661	☑	Feet (left and right on separate days!) - link above is to the right foot!	https://www.strava.com/activities/3300467175	ddeejjm	11
Nicolas Vessiot	☑	I did squats with Dan on my shoulders (photo evidence exists) and we went for a bubble core and glutes workout session - we used each other to do wall sits	☑	53	☑	Mt. Crawford (you have to stay local)	https://www.strava.com/activities/3273967364	☑	A leg. I've also drawn a hand when I did the hill challenge	https://www.strava.com/activities/3282411913	cdeefk	10
Bex Hutchinson	☑	Competed with them in the press-up challenge and ran up Mt Kaukau together	☑	16	☑	Mt Vic	https://www.strava.com/activities/3286783686	☑	My isolation buddy - a man	https://www.strava.com/activities/3265025771	cdeppp	10
Lindsay Young	☑	Bubble buddy Easter egg hunt walk!! Strava: https://strava.app.link/m49DKS8yh5	☐		☑	Aro Valley and Mount Vic	Mount Vic (https://www.strava.com/activities/3282436969) and Aro Valley (https://www.strava.com/activities/3256327833)	☑	I did three! And kept it to the most important parts...brain, vagina, penis! Brain link is above and this is the vagina (https://www.strava.com/activities/3265144971) and penis (https://www.strava.com/activities/3277942216)	https://www.strava.com/activities/3252056450	ccodei	9
Stephen Day	☑	Ran with Maaike along the beach: https://strava.app.link/CvgAPyadC5 Also several runs with Tammy Greyhound	☑		☑	Houghton Valley Road (Also Tip Track)	https://strava.app.link/Voq9NHgdC5	☑	Lungs. But unfortunately not healthy runner's lungs	https://strava.app.link/q67v5VkdC5	cdiem	9
Katie Murphy	☑	Squatting Daniel Rakic (no mean feat!), also wall sits against Daniel's back, and full bubble work out with Daniel and Nico and Jaime Vessiot	☑		☑	Miramar climb to the prison	https://www.strava.com/activities/3278003408	☑	Liver :)	https://www.strava.com/activities/3278003408	cdefk	9
Jaime Vessiot	☑	Used each other as weights while doing squats. (Drunk, at 4am...very safe...)	☑	60	☑	Miramar	https://www.strava.com/activities/3273900936	☑	Brain (but also a knob)	https://www.strava.com/activities/3278076416	ccdef	9
Holly Barclay	☑	Couple's yoga with the three others here - see my facebook for pics	☑	47	☐	Can I count some of the slight inclines of Greytown? No hills in my area lol		☑	Leg	https://strava.app.link/PMJB0fdUE5	cehklo	9
Danielle Trewoon	☑	"Ran" with Lucas, "biked" with Lucas. Attempted to do a plank with the cat but he wasn't too keen on the idea...	☑	51	☑	Houghton Valley and Mt Vic	https://www.strava.com/activities/3287369907	☑	Well its a face, but emphasis on the nose :>)	https://www.strava.com/activities/3278181421	cddei	9
Scott Ryland	☑	Toddler weighed squat press, toddler Zumba and toddler assisted yoga	☑	29	☑	Makara Hill	https://strava.app.link/tpFLChpDG5	☑	3 willies - because I'm super mature	https://strava.app.link/Kb6UBKsDG5	cdgk	8
Sierra Ryland	☑	We did family Kids Zumba at least once a week. Toddler and I went out for walks and I walked with her in her stroller for her naps. Toddler and I sometimes did yoga together and she added body weight resistance!	☑		☑	Makara	https://www.strava.com/activities/3299489496/	☑	every runners favourite part - a shoe	https://www.strava.com/activities/3290975020	cdek	8
Lucy Fauth	☑	Went cycling together	☑	44	☑	Houghton Bay, Mt Crawford, Matairangi but the wrong way	https://www.strava.com/activities/3269331267 and https://www.strava.com/activities/3287188819	☑	The whole thing except the arms	https://www.strava.com/activities/3300428350	cddi	8
Matt Brett	☑	Ran with them a few times	☐		☑	Miramar climb, Houghton Valley climb	https://www.strava.com/activities/3261098662 https://www.strava.com/activities/3273999383	☑	A hand	https://www.strava.com/activities/3286366465	cddei	8
Abigail Pitman	☑	Took my non-runner husband on some nice easy runs.	☑	30	☑	Miramar climb to prison	https://www.strava.com/activities/3281989302	☑	An eye (you need to look at it sideways)	https://www.strava.com/activities/3295148157	cde	7
Iain Shaw	☑	Evie's first buggy run!	☐		☑	Korokoro Road	https://strava.app.link/d75120sZG5	☑	Pelvis and ribs (badly!)	https://www.strava.com/activities/3295148157	cdeg	7
Anna Breen	☑	Mum and I do each of the Les Mills workouts everyday.	☑		☑	The Canterbury plains... 5m of elevation, does that count?	https://strava.app.link/GJCWP5AuH5	☑	A triangle... ear? I'm not great at biology:☹	https://strava.app.link/9zPhKntuH5	ceo	7

