**Group Challenges Examples**

1. **The Wall Squat Challenge**
   - Do it on your own or with a friend.
   - Last one squatting wins!

2. **The Burpee Challenge**
   - Challenge your loved ones, friends or co-workers - the one who goes the longest wins!

3. **The Leg Raise Challenge**
   - How long can you hold a leg raise?
   - Compete against a friend or time yourself!

4. **The Lunge Hold Challenge**
   - Who can hold a lunge the longest? Challenge your friends - last one lunging wins!

5. **The Straight-Arm Plank Challenge**
   - How long can you hold a straight-arm plank for?!
   - Challenge a friend or do it for time.
   - Last one planking wins!

6. **The Squat Challenge**
   - Challenge friends to squats - the one who does the most squats throughout the day wins!