Bank your points by choosing and completing 1 of the aerobic exercises listed below.

**30 Jumping Jacks**

**30 High Knees**

**30 Mountain Climbers**

**30 Plank Jacks**

**30 Ski Jumpers**

**Encouragement** *(noun)*

Support, confidence, or hope offered by someone or some event.

The friends gave each other constant **encouragement** to help build their self-confidence during the most difficult parts of the OPEN 8 Adventure Challenge.