



**STRONG** BY ZUMBA®



**#STRONGER4ALS**

## WEEKLY CHALLENGE

# **PUSH-UP A FRIEND**

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### **SCRIPT**

This year I'm supporting STRONG by Zumba®  
and Augie's Quest® to find a cure for ALS.  
This week's challenge is "PUSH-UP A FRIEND".

I challenge \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
to do it and donate.

*[DO THE CHALLENGE]*

*[Pick up the #STRONGER4ALS printout  
and show it to the camera]*

Now do it and share it using this hashtag.

*[Flip the paper to show the website URL]*

And then visit [STRONGER4ALS.com](http://STRONGER4ALS.com) to donate!



**STRONG** BY ZUMBA®



**#STRONGER4ALS**

# WEEKLY CHALLENGE

# **SKIP A FRIEND**

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## **SCRIPT**

This year I'm supporting STRONG by Zumba® and Augie's Quest® to find a cure for ALS. This week's challenge is "SKIP A FRIEND".

I challenge \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
to do it and donate.

*[DO THE CHALLENGE]*

*[Pick up the #STRONGER4ALS printout  
and show it to the camera]*

Now do it and share it using this hashtag.

*[Flip the paper to show the website URL]*

And then visit [STRONGER4ALS.com](https://www.stronger4als.com) to donate!



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## WEEKLY CHALLENGE

# SQUAT A FRIEND

### SCRIPT

This year I'm supporting STRONG by Zumba® and Augie's Quest® to find a cure for ALS. This week's challenge is "SQUAT A FRIEND".

I challenge \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
to do it and donate.

*[DO THE CHALLENGE]*

*[Pick up the #STRONGER4ALS printout  
and show it to the camera]*

Now do it and share it using this hashtag.

*[Flip the paper to show the website URL]*

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## WEEKLY CHALLENGE

# SIT-UP A FRIEND

### SCRIPT

This year I'm supporting STRONG by Zumba® and Augie's Quest® to find a cure for ALS. This week's challenge is "SIT-UP A FRIEND".

I challenge \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_  
to do it and donate.

*[DO THE CHALLENGE]*

*[Pick up the #STRONGER4ALS printout  
and show it to the camera]*

Now do it and share it using this hashtag.

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