



New team challenge 🏆

## Seven Heaven



The fast, exciting and colourful HSBC World Rugby Sevens Series is back! 7 is key to the sport with 7 a-side games and 7 minutes played each half. So we're challenging you to move for 7 minutes 7 times a day in whatever way you like.

Fancy dress also plays a big part in Sevens - fans like to dress up! So, embrace the spirit of Sevens by sending us some pictures of you moving for 7 minutes, 7 times a day in fancy dress! Any choice of movement will work and to get you started, here are two daily doses of movements. You can find more in the Discover section of the app under the **Daily movements** category.

### Get up & push up



[Learn more](#)

### Simple squats



[Learn more](#)

### We're challenging you to move for 7 mins 7 times a day!

**Start date:** Mon, May 30.

**Goal:** Take a break every hour and move for 7 mins. Doing it with your teammates will keep you motivated.

**Type:** Team challenge. Join the team with your favourite fancy dress.



[Join the challenge](#)