

FEBRUARY BREAK FITNESS CHALLENGE ASSIGNMENT

After journaling in class following our Fitness Circuit, it was evident that each one of us can get stronger in certain areas. We get stronger by practicing, however, strength doesn't happen overnight. We **BUILD** strength and endurance over time and there is no better time to start than the present! I compiled these full body exercises knowing you may have limited time and space as you could be at your Aunts house in the middle of know where or perhaps on a Cruise! Each Session should be 20-30min. – So, either plan accordingly for time or split it up during your day, Ex: Morning and Night

DIRECTIONS:

1. Pick a Fitness Level that best suits you.... If you find a Level to be *too* challenging or not challenging *enough* you may switch.

Developing Fitness (D): You're just beginning to develop your overall strength and endurance and are not quite comfortable w/ all the exercises.

Moderate Fitness (M): You are continuing to develop your strength and endurance and feel comfortable w/ the exercises

Athlete (A): You feel you have good overall strength and endurance though there is always room for improvement and ways to challenge yourself. You can always do more than is asked- I would love to see what you can do!

2. There are 4 Categories: **Upper Body, Lower Body, Core, and Agility/Balance.**

You will choose 4 activities per category and will do each activity **TWICE**, Totaling in 16 Fitness Exercises.

*Note: Go through each activity ONCE (round 1), then loop back for a second time (round 2).

Between Rounds you may take a **break.

3. **Record your data!** How many did you do? Were you able to do the full amount? Did you do more? Let me know!

4. **Be honest.** You can't cheat at being fit and healthy, you have to do the work. To help encourage you, please have your Parent/Guardian Initial that you did the activity. Maybe you can show them and you can do it **together**.

5. **Journal Entry: Choose a Topic A, B, C, or D and respond in the space provided on the back of this sheet.**

Name: _____

Block: _____

Upper Body Exercises:

Exercise:	Push-ups (D)5 (M)8 (A)10	Shoulder Taps (D)15 (M)25 (A)30	Burpees (D)5 (M)8 (A)10	Plank *Plank Up-Downs (D)25sec. (M)45sec. (A)1min.	Inchworm with push-up (D)5 (M)8 (A)10	Plank Rotations (D)5 (M)10 (A)15	Parent/ Guardian Initials:
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

Name: _____

Block: _____

Lower Body Exercises:

Exercise:	Squats *Squat Jumps (D)10 (M)15 (A)20	Lunges *Single Leg Jump Lunge (D)10 (M)15 (A)20 *10	Bridges *Single Leg Bridges (D)10 (M)15 (A)*15 per leg	Wall Sit (D)30sec. (M)45sec. (A)1 min.	Curtsy Lunge (D)10 (M)15 (A)15	Speed Skaters (D)8 (M)10 (A)15	Parent/ Guardian Initials:
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

Name: _____

Block: _____

Core Exercises:

Exercise:	Sit-ups (D)10 (M)15 (A)25	Reverse Crunches (D)10 (M)15 (A)25	In and Outs (D)10 (M)15 (A)25	Russian Twists (D)15 (M)25 (A)30	Mountain Climbers (D)10 (M)20 (A)30	Alternating Toe Touch (D)10 (M)20 (A)25	Parent/Guardian Initials:
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							

Name: _____

Block: _____

Balance/Agility: Choose 2 Agility and 2 Balance

Exercise:	Stairs (D)5 (M)7 (A)10	Ski Jumps (Jump *HIGHer) (D)10 (M)10 (A) *15	Standing Broad Jump (D)5 (M)5 (A)8	Yoga: Balancing Stick (Hold it!) (D)20sec (M)30sec (A) 45 sec	Yoga: Tree Pose (D)20sec (M)30sec (A) 45 sec	Star Balance (Each Foot)	Parent/ Guardian Initials:
Date:							
Date:							
Date:							
Date:							
Date:							
Date:							