

Full Name: _____



**2019
Fitness Challenge**

Welcome to 2019! We here at American Allstars want to help our athletes to stay active and healthy in the New Year. We are asking you to help in this quest. From January 3rd – January 19th students are asked to complete all the exercises in the following table. When they finish each day please check off the appropriate box. Once they finish the entire chart they can turn their sheet into the front desk. All students who complete the Fitness Challenge will receive a special certificate for their wonderful achievement. *Please return no later than January 24th.* **Students:** Once you have completed a day have your parent initial the box at the bottom.

Be safe and have fun completing the Fitness Challenge!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warm-Up <input type="checkbox"/> 15 Jumping Jacks <input type="checkbox"/> Running in Place 30 seconds	Warm-Up <input type="checkbox"/> 10 Ski Jumps <input type="checkbox"/> 10 Squat Jumps	Warm-Up <input type="checkbox"/> Running w/ High Knees 20 seconds <input type="checkbox"/> 10 Straight Jumps	Warm-Up <input type="checkbox"/> 15 Jumping Jacks <input type="checkbox"/> Running in Place 30 seconds	Warm-Up <input type="checkbox"/> 10 Ski Jumps <input type="checkbox"/> 10 Squat Jumps	Warm-Up <input type="checkbox"/> Running w/ High Knees 20 seconds <input type="checkbox"/> 10 Straight Jumps
Stretching <input type="checkbox"/> Pike Stretch for 30 seconds <input type="checkbox"/> 10 second Straddle Stretch on each side	Stretching <input type="checkbox"/> 10 second Straddle Stretch on each side <input type="checkbox"/> Split Stretches for 30 seconds	Stretching <input type="checkbox"/> 20 second Butterfly Stretch <input type="checkbox"/> Pike Stretch for 30 seconds	Stretching <input type="checkbox"/> Pike Stretch for 30 seconds <input type="checkbox"/> 10 second Straddle Stretch on each side	Stretching <input type="checkbox"/> 10 second Straddle Stretch on each side <input type="checkbox"/> Split Stretches for 30 seconds	Stretching <input type="checkbox"/> 20 second Butterfly Stretch <input type="checkbox"/> Pike Stretch for 30 seconds
Conditioning <input type="checkbox"/> 10 Sit ups <input type="checkbox"/> 10 Push Ups <input type="checkbox"/> 10 Mountain Climbers	Conditioning <input type="checkbox"/> 15 second hollow body <input type="checkbox"/> 10 Dip push ups <input type="checkbox"/> 20 second wall sit	Conditioning <input type="checkbox"/> 5 Tuck Ups <input type="checkbox"/> 10 Second Plank Hold <input type="checkbox"/> 10 Frog Jumps	Conditioning <input type="checkbox"/> 10 Sit ups <input type="checkbox"/> 10 Push Ups <input type="checkbox"/> 10 Mountain Climbers	Conditioning <input type="checkbox"/> 15 second hollow body <input type="checkbox"/> 10 Dip push ups <input type="checkbox"/> 20 second wall sit	Conditioning <input type="checkbox"/> 5 Tuck Ups <input type="checkbox"/> 10 Second Plank Hold <input type="checkbox"/> 10 Frog Jumps
Day 1 Completed <input type="checkbox"/>	Day 2 Completed <input type="checkbox"/>	Day 3 Completed <input type="checkbox"/>	Day 4 Completed <input type="checkbox"/>	Day 5 Completed <input type="checkbox"/>	Day 6 Completed <input type="checkbox"/>

_____ Class Day

X

_____ Athlete Signature