

Name: _____ Class Day _____



Welcome to 2019! We here at American Allstars want to help our gymnasts 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 at least 6 times. When they finish each day, please initial in the appropriate “day” box. Once they get all 6 boxes initialed, they can turn in their sheet to 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.*

Warm-Up	Positions / Flexibility	Strength
<input type="checkbox"/> 5 Squat Jumps <input type="checkbox"/> Run in place singing ABC's <input type="checkbox"/> 5 Jumping Jacks	<input type="checkbox"/> Tuck – 3 Rocking Chairs <input type="checkbox"/> Pike – Touch toes 10 seconds <input type="checkbox"/> Straddle – Reach each way 5 seconds	<input type="checkbox"/> Push Up Hold – Hold for 5 seconds <input type="checkbox"/> Straight Body laying down – Sit up in a tuck 5 times <input type="checkbox"/> Hop on each foot 5 times

Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:
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Adult Challenge

Relation to student: _____

Don't let your kids get fit without you! Make a resolution to spend quality time with your child as well as take care of your body. Join your child in the American Allstars Fitness Challenge! Just complete one from each of the exercise categories at least 3 separate days **each week** and **have your child sign** that you completed the tasks.

Cardio	Core	Upper Body	Lower Body
20 Jumping Jacks	10 Sit ups	10 Push ups	Climb a flight of stairs twice
Run in place for 1 minute	Sit in a tuck without your hands or feet touching for 20 sec.	10 bicep curls with milk jug	10 Calf raises on the stairs
Jump with arms in the air 10x	Plank for 20 seconds	Hold arms even with shoulders for 20 seconds	Sit down and get up out of a chair 10x in a row
Park and walk from the farthest parking place	Reach to knee sideways, keeping body forward 10x on each side	Hold a chair in front of you arms straight for 10 seconds, 3x	Squat and lift a chair with your legs (not your back) 5x
Mountain Climbers for 30 seconds	Hollow hold 10 seconds (ask your child how to do it!)	10 tricep dips on the stairs	On all 4's lift leg to the side 5x on each leg

Week 1: Day 1 _____ Day 2 _____ Day 3 _____

Week 2: Day 1 _____ Day 2 _____ Day 3 _____

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#AAGAfitnesschallenge