

Name: _____ Class Day _____



Welcome to 2021! At American Allstars we want to help our athletes stay active and healthy in the New Year. We are asking you to help in this quest. From January 4th – January 16th 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 23rd*

Be safe and have fun completing the Fitness Challenge!

<i>Warm-Up</i>	<i>Positions / Flexibility</i>	<i>Strength</i>
<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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#AAGAfitnesschallenge

Adult Challenge

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!

Try to complete 3 boxes a day for 6 days. Once you have completed an exercise cross it off so you know which ones you have left! There are 20 options and you only need 18, so throw out the 2 you like the least!

Be safe and have fun completing the Fitness Challenge!

<i>Cardio</i>	<i>Core</i>	<i>Upper Body</i>	<i>Lower Body</i>
20 Jumping Jacks	10 Sit ups	10 Push ups	Climb a flight of stairs twice
Run in place for 1 minute	Balance on your bottom without your hands or feet touching for 20 sec.	10 bicep curls with milk or water jug	10 Calf raises on the bottom stair
Jump with arms in the air 10x	Plank for 20 seconds	Hold arms out even with shoulders for 20 seconds	Wall sit! Sit like chair against a wall with bent knees for 30 seconds
Park and walk from the farthest parking place	Lay on back with bent knees in the air & tap 1 foot at a time to the floor 10x 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	Push up position on knees w/ arms straight. 10x lift both knees off the floor & back down	10 tricep dips with hands on a sturdy chair	On all 4's lift leg to the side 5x on each leg

