

Full Name: \_\_\_\_\_



2022  
**Fitness Challenge**

Welcome to 2022! At American Allstars want to help our athletes stay active and healthy in the New Year. We are asking you to help in this quest. From January 3<sup>rd</sup> – January 15<sup>th</sup> 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 ribbon for their achievement. *Please return no later than January 22nd*

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