

Name: \_\_\_\_\_ Class Day \_\_\_\_\_



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*

**Be safe and have fun completing the Fitness Challenge!**

<i><b>Warm-Up</b></i>	<i><b>Positions / Flexibility</b></i>	<i><b>Strength</b></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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[www.AmericanAllstarsKids.com](http://www.AmericanAllstarsKids.com)

248-668-9805

#AAGAfittnesschallenge

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