

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<h1 style="text-align: center;">Flash Falcon's Fitness Fun April Challenge</h1>		<p>Click on the LINKS for a demonstration of the exercises.</p> <p style="text-align: center;">----->>>></p>	<p style="text-align: center;">MODIFIED BURPEES VIDEO LINK</p> <p style="text-align: center;">MODIFIED SQUATS AND LUNGES VIDEO LINK</p>	<p>1</p> <p>15 JUMPING JACKS 10 SIT-UPS 15 LUNGES (per leg) 10 PLANK JACKS</p> <p>DEMO VIDEO LINK</p>	<p>2</p> <p>5 BURPEES 15 SECOND PLANK 10 SQUATS 5 PUSHUPS</p> <p>DEMO VIDEO LINK</p>	<p>3</p> <p>1 MIN. JUMP ROPE 10 PLANK TOUCHES 20 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction) DEMO VIDEO LINK</p>		
		<p>4</p> <p>REST Make a Fruit Smoothie</p>	<p>5</p> <p>20 JUMPING JACKS 12 SIT-UPS 18 LUNGES (per leg) 12 PLANK JACKS</p>	<p>6</p> <p>8 BURPEES 20 SECOND PLANK 12 SQUATS 6 PUSHUPS</p>	<p>7</p> <p>1 MIN. JUMP ROPE 16 PLANK TOUCHES 25 SEC. WALL SIT 20 ARM CIRCLES - (10 each direction)</p>	<p>8</p> <p>REST Go for a walk with a family member.</p>	<p>9</p> <p>25 JUMPING JACKS 14 SIT-UPS 20 LUNGES (per leg) 14 PLANK JACKS</p>	<p>10</p> <p>11 BURPEES 25 SECOND PLANK 14 SQUATS 7 PUSHUPS</p>
		<p>11</p> <p>1 MIN. JUMP ROPE 20 PLANK TOUCHES 30 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)</p>	<p>12</p> <p>REST Listen to music or sing a song.</p>	<p>13</p> <p>30 JUMPING JACKS 16 SIT-UPS 22 LUNGES (per leg) 16 PLANK JACKS</p>	<p>14</p> <p>14 BURPEES 30 SECOND PLANK 16 SQUATS 8 PUSHUPS</p>	<p>15</p> <p>90 SEC. JUMP ROPE 24 PLANK TOUCHES 35 SEC. WALL SIT 30 ARM CIRCLES - (15 each direction)</p>	<p>16</p> <p>REST Write a letter to a friend or relative.</p>	<p>17</p> <p>35 JUMPING JACKS 18 SIT-UPS 24 LUNGES (per leg) 18 PLANK JACKS</p>
		<p>18</p> <p>17 BURPEES 35 SECOND PLANK 18 SQUATS 9 PUSHUPS</p>	<p>19</p> <p>90 SEC. JUMP ROPE 28 PLANK TOUCHES 40 SEC. WALL SIT 40 ARM CIRCLES (20 each direction)</p>	<p>20</p> <p>REST Draw a picture or read a book.</p>	<p>21</p> <p>40 JUMPING JACKS 20 SIT-UPS 26 LUNGES (per leg) 20 PLANK JACKS</p>	<p>22</p> <p>20 BURPEES 40 SECOND PLANK 20 SQUATS 10 PUSHUPS</p>	<p>23</p> <p>90 SEC. JUMP ROPE 32 PLANK TOUCHES 45 SEC. WALL SIT 40 ARM CIRCLES - (20 each direction)</p>	<p>24</p> <p>REST Sit quietly for one minute and listen to your breathing.</p>
		<p>25</p> <p>45 JUMPING JACKS 22 SIT-UPS 28 LUNGES (per leg) 22 PLANK JACKS</p>	<p>26</p> <p>23 BURPEES 45 SECOND PLANK 22 SQUATS 11 PUSHUPS</p>	<p>27</p> <p>2 MIN. JUMP ROPE 36 PLANK TOUCHES 50 SEC. WALL SIT 50 ARM CIRCLES - (25 each direction)</p>	<p>28</p> <p>REST Hug a family member.</p>	<p>29</p> <p>50 JUMPING JACKS 24 SIT-UPS 30 LUNGES (per leg) 24 PLANK JACKS</p>	<p>30</p> <p>26 BURPEES 50 SECOND PLANK 24 SQUATS 12 PUSHUPS</p>	

Student: _____ Grade: _____ Teacher: _____

Total Days Completed: _____ Parent Signature: _____

Exercise	Cues/Paragraph
Jumping jacks	Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, feet/legs move apart to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position. Repeat.
Sit ups	Begin by lying down on your back, knees bent and feet flat on the floor. Cross your arms across your chest. Squeeze your abs (stomach muscles) and lift your trunk up and forward, far enough so your shoulders come off of the ground.
Lunges	Stand with your feet shoulder width apart and your hands on your hips. Be sure to keep your stomach muscles tight and your back straight in line with your hips. Lunge (step) forward with one foot, being sure to keep the knee straight in line with the ankle. Do not let the knee go over the toe when you lunge. Slowly squat down, gently touching your back knee to the ground, and slowly raise your body back to standing. Step forward and repeat with the opposite leg in front.
Plank jacks	Start in plank position with your arms extended and hands under your shoulders, feet together. Your body should be in a straight line from your head to your heels. Engage your abs to help protect your lower back from injury. Jump both feet out wide to each side as if you were doing a horizontal jumping jack.
Burpees	Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core. Jump your feet back so that they land just outside of your hands. Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.
Plank	Get in the pushup position, only put your forearms on the ground instead of your hands. Your elbows should line up directly underneath your shoulders. Toes on the ground. Squeeze your glutes and tighten your abdominals. Keep a neutral neck and spine. Create a straight, strong line from head to toes – a plank, if you will. Hold that position.
Squats	Keep your feet at shoulder width apart and pointed straight ahead. When squatting, your hips will move down and back. Your knees should not go past your toes. Your back should not round out. Your heels should stay flat on the floor the entire time. You should not drop your shoulders forward. Your lower body should be the only part of you moving. Your legs should be at a 90 degree angle at the bottom. Keep your eyes up on the wall ahead of you. This will keep your chest lifted.
Push ups	Palms on floor with fingers spread and pointed straight ahead. Toes and balls of feet on floor at all times. Straight and flat back and body. Bend arms until your nose is about 2 inches from floor and return to starting position. Keep a slow and steady pace. To perform a "modified push up" have knees touch the floor.
Jump rope	Start with the rope behind you, arms extended out, down and low. Thumbs follow the handle of the rope and point toward the rope. Reach arms straight out in front of you. Tug on the back of your legs with the rope. Always start in ready position. From ready position, swing your rope over your head, and stop it in front of you. No jumping. Swing it back over the other way and continue doing so until it feels easy and smooth. Next try "Swing, Wait, Jump". One swing, wait for the rope to hit the ground. Then jump over it while keeping arms relaxed (no whipping motion required).
Plank touches	Start in plank position with your arms extended and hands under your shoulders, feet a little bit apart. reach arms straight out in front of you. Your body should be in a straight line from your head to your heels. Engage your abs to help protect your lower back from injury. Cross your arm, bringing it to tap the opposite shoulder. Alternating arms each time.
Wall sit	Make sure your feet are about shoulder width apart. Keep your back flat against the wall. Lower your hips down the wall until your knees are bent to 90 degrees. Make sure you do not bend over, remember to keep your back against the wall for the remainder of the time.
Arm circles	Arms straight out to the side. Make circles with your arms about the size of a basketball. You may go forwards and backwards.