

## LHS Grade 3-5 Weekly Fun Fitness Challenge!



**Your Goal:** Complete each exercise every day. Work hard and have fun!!

You can challenge your family members for the week! For an extra challenge, you can also time yourself to see how long it takes you to do the 6 exercises. Each day you complete the exercises place a check mark in the box. If you do not have a printer you can make your own sheet and you can shadow skip if you do not have a jump rope.



Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 jump ropes							
30 jumping jacks							
30 side to side jumps							
30 mountain climbers							
30 high Knees							
30 squats							
Play outside for 30 minutes							

