

LHS Weekly Fun Fitness Challenge!

K-2



Your Goal: Complete each exercise every day. Work hard and have fun! Challenge family members to do this with you for the week!! Each day you complete the exercises, draw a happy face for that day in the box. If you do not have a printer you can certainly make your own sheet. You can shadow skip if you do not have a jump rope.



Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 Arm circles							
15 knee raises							
15 jumping jacks							
15 squats							
15 gallops in a circle							
15 hops side to side							
15 jump ropes							
Play outside for 30 minutes							

