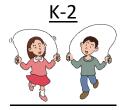
LHS Weekly Fun Fitness Challenge!



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							