

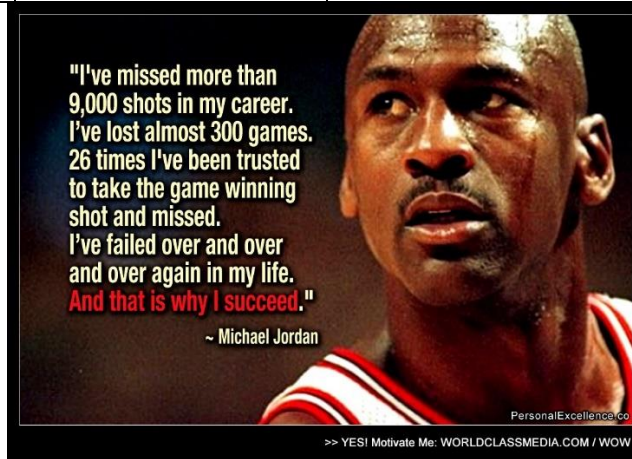
LHS 3-5 Weekly Fun Fitness Challenge

Your goal: To perform the exercises that match each letter in each word of the day. Work hard and have fun!

Monday	Tuesday	Wednesday	Thursday	Friday
fitness	muscle	breathe	balance	your full name



A	20 jumping jacks	N	20 second plank
B	20 second plank	O	20 jumping jacks
C	20 squats	P	10 second tree pose
D	10 push-ups	Q	20 second plank
E	20 skips	R	10 push-ups
F	20 side to side jumps	S	20 high knees
G	20 one foot hops	T	10 second tree pose
H	20 squats	U	20 squats
I	20 jumping jacks	V	20 side to side hops
J	20 high knees	W	20 jumping jacks
K	10 push-ups	X	20 second plank
L	20 one foot hops	Y	10 push-ups
M	20 side to side hops	Z	10 second tree pose



Remember to get outside and play for at least 30 minutes a day, too! Go for a walk with your family, ride your bike, shoot at a basketball or hockey net, hula hooping and skipping are great ways to take your activity outside!