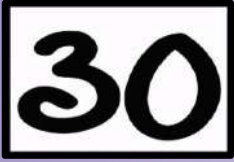


AUGUST MONTHLY CHALLENGE 2022

SUNDAY	MONDAY	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
	 WORK-OUT TIMER					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 SQUATS	23 TRICEP DIPS	24 CRUNCHES	25 BURPEES	26 SQUAT JUMPS	27 REST
						
28 REST	29 PUSH-UPS	30 MOUNTAIN CLIMBERS	31 HOVER			
						

FIT TEST ASSIGNMENT TURNED IN DAY OF TEST.

IF YOU ARE ABSENT YOU MUST COMPLETE THE TEST AND TURN IN LOG THE SAME WEEK THE TEST WAS DONE. YOU CAN EITHER DO IT WITH THE YOUR OWN TIMER 1 minute WITH 20 second REST OR DO IT WITH THE SLIDES

PUT IN PRESENT MODE TO PLAY VIDEO WITH TIMER



SQUATS



TRICEP DIPS



CRUNCHES



BURPEES



SQUAT JUMPS



PUSH UPS



MOUNTAIN CLIMBERS



HOVER

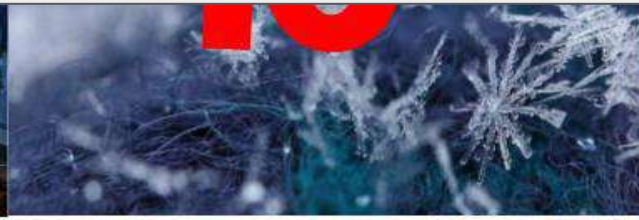
1 MINUTE FOR EACH EXERCISE- RECORD SCORES	DATE
1 SET 20 SECOND REST	
FIT TEST #1	SCORES
SQUATS	
TRICEP DIPS	
CRUNCHES	
BURPEES (ADD PUSH-UP IF YOU WANT TO ADD INTENSITY)	
SQUAT JUMPS	
PUSH UPS (ON KNEES OR TOES)	
MOUNTAIN CLIMBERS	
HOVER (ON ELBOWS)	

DECEMBER MONTHLY CHALLENGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	10	Directions: do each exercise 2 sets of 30 seconds, with 10 seconds rest				
5	6	7	1 <br/ 	2 	3 	4 
			8 	9 		11 
12 	13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 	25 
26 	27 	28 	29 	30 	1 	



**DIRECTIONS: CLICK ON TODAY'S
DATE THEN DO THE EXERCISE
FOR 30 SECONDS AND REPEAT
ALL THE DAYS BACKWARDS
EACH FOR 30 SECONDS UNTIL
YOU GET TO DAY 1.**

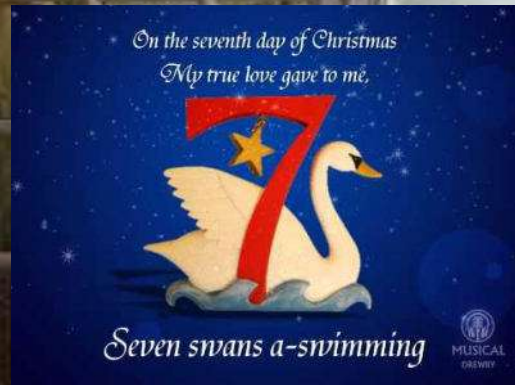


CLICK ON TODAY'S DATE



**MUSIC FROM
YOUTUBE NO
WORDS**

**SONG WITH
WORDS**



HOLLY HOVER

30



HOLLY HOVER

30



TAP
TO EAT

30



HOLLY HOVER

30



TAPPED
TO EAT

30



MISTLETOE
CLIMBERS

30



4



5



6



7



8



9



10



11



12

HOLLY HOVER

30



TAPPED TO EAT

30



MISTLETOE CLIMBERS

30



PRANCER PUSH-UP

30



5



6



7



8



9



10



11



12

HOLLY HOVER

30



TAPPED
TO EAT

30



MISTLETOE
CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



6



7



8



9



10



11



12

HOLLY HOVER

30



TAPPED TO EAT

30



MISTLETOE CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



JOLLY JACK SQUATS

30



7



8



9



10



11



12

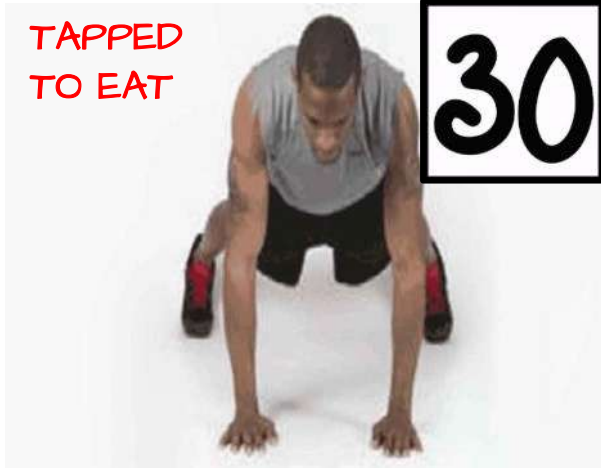
HOLLY HOVER

30



TAPPED TO EAT

30



MISTLETOE CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



JOLLY JACK SQUATS

30



INCHED TO THE TREE

30



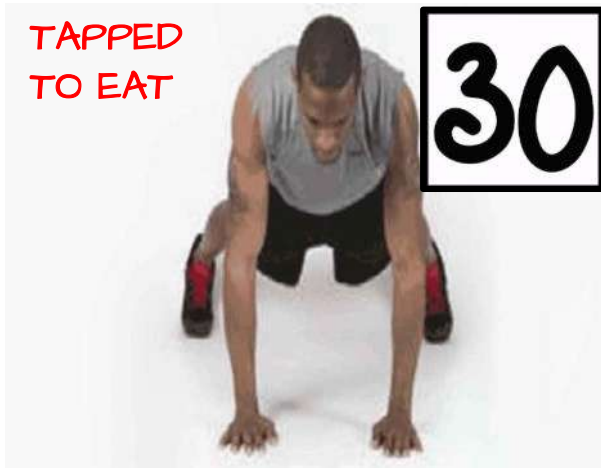
HOLLY HOVER

30



TAPPED TO EAT

30



MISTLETOE CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



JOLLY JACK SQUATS

30



INC'HED TO THE TREE

30



NORTH POLE HIGH KNEES

30



9



10



11



12

HOLLY HOVER

30



TAPPED
TO EAT

30



MISTLETOE
CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



JOLLY JACK SQUATS

30



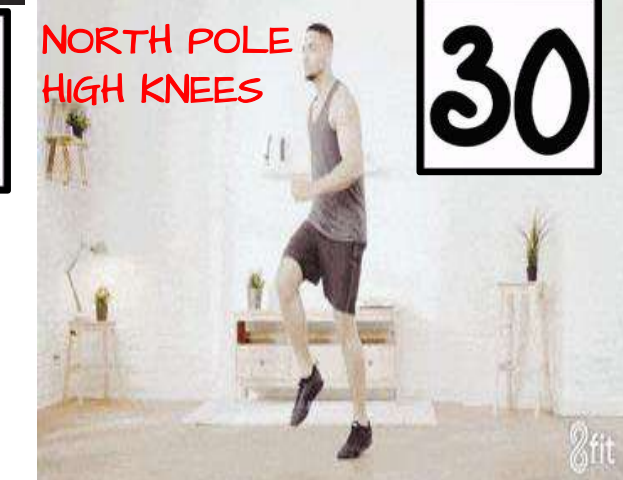
INCHED TO THE TREE

30



NORTH POLE
HIGH KNEES

30



SQUAT TO
MY
PRESENTS

30



10



11



12



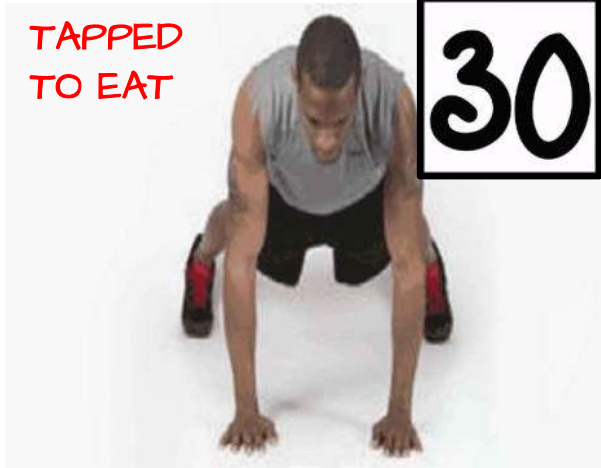
HOLLY HOVER

30



TAPPED TO EAT

30



MISTLETOE CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



JOLLY JACK SQUATS

30



INCHED TO THE TREE

30



NORTH POLE HIGH KNEES

30



SQUAT TO MY PRESENTS

30



HANUKKAH SIDE HOPS

30



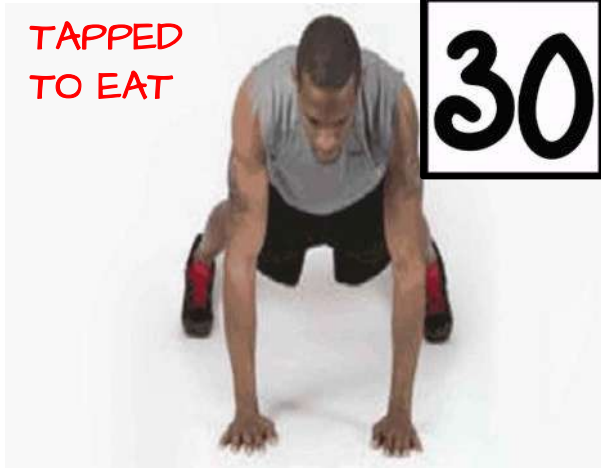
HOLLY HOVER

30



TAPPED TO EAT

30



MISTLETOE CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



JOLLY JACK SQUATS

30



INCHED TO THE TREE

30



NORTH POLE HIGH KNEES

30



SQUAT TO MY PRESENTS

30



HANUKKAH SIDE HOPS

30



RUN TO SEE RUDOLPH

30



HOLLY HOVER

30



TAPPED TO EAT

30



MISTLETOE CLIMBERS

30



PRANCER PUSH-UP

30



30

BLITZEN BURPEE



JOLLY JACK SQUATS

30



INCHED TO THE TREE

30



NORTH POLE HIGH KNEES

30



SQUAT TO MY PRESENTS

30



HANUKKAH SIDE HOPS

30



RAN TO SEE RUDOLPH

30



SKI TO SEE SANTA

30



NOVEMBER PUSH UP CHALLENGE

SUNDAY	MONDAY 1 1/2 PUSH-UPS	TUESDAY 2 2/4 PUSH-UPS	WEDNESDAY 3 3/6 PUSH-UPS	THURSDAY 4 4/8 PUSH-UPS	FRIDAY 5 5/10 PUSH-UPS	SATURDAY 6 6/12 PUSH-UPS
7 REST	8 8/16 PUSH-UPS	9 9/18 PUSH-UPS	10 10/20 PUSH-UPS	11 11/22 PUSH-UPS NO SCHOOL	12 12/24 PUSH-UPS	13 13/26 PUSH-UPS
14 REST	15 15/30 PUSH-UPS	16 16/32 PUSH-UPS	17 17/34 PUSH-UPS	18 18/36 PUSH-UPS	19 19/38 PUSH-UPS	20 20/40 PUSH-UPS
21 REST	22 22/44 PUSH-UPS	23 23/46 PUSH-UPS	24 24/48 PUSH-UPS	25 25/50 PUSH-UPS	26 26/52 PUSH-UPS	27 27/54 PUSH-UPS
28 REST	29 29/58 PUSH UPS	30 30/60 PUSH UPS	No school			



Push-Up Cadence
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REST
DAY

NOVEMBER PUSH-UP CHALLENGE

PUSH-UP



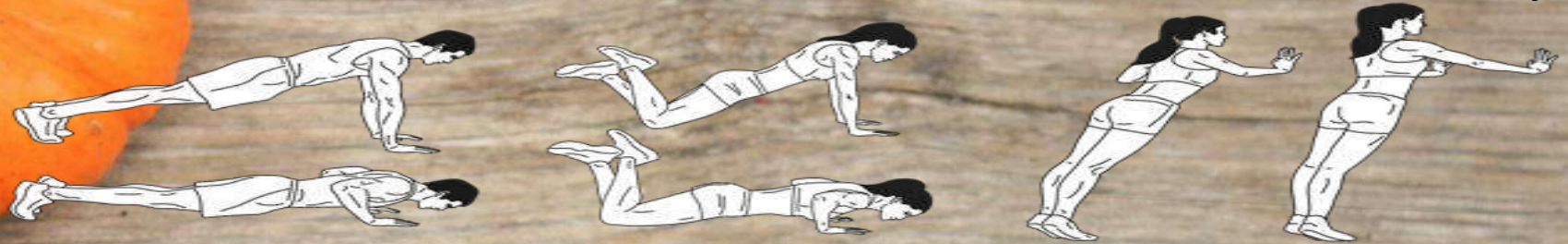
**MODIFIED
PUSH-UP**



Fit & Play

DIRECTIONS FOR THE PUSH UP CHALLENGE

**DAILY
push
ups**



30-DAY CHALLENGE

Instructions: You can do any type of push-ups for this challenge: modified push-ups, wall push-ups, knee push-ups, classic push-ups, raised leg push-ups, decline or incline push-ups. You can also switch between types of push-ups on the fly or daily. The goal of this challenge is to do push-ups every day for 30 days, regardless of the type. ****SINGLE DATE PUSH-UPS OR DOUBLE DATE DO IT WITH FITNESSGRAM CADENCE**

GET SOMEONE IN YOUR HOUSE TO JOIN YOU IN THE CHALLENGE!!



TRY YOUR BEST AND ENJOY THE
CHALLENGE

OCTOBER BURPEE CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1 1 BURPEES	SATURDAY 2 2 BURPEES
3 REST	4 4 BURPEES	5 5 BURPEES	6 6 BURPEES	7 7 BURPEES	8 8 BURPEES	9 9 BURPEES
10 REST	11 11 BURPEES	12 12 BURPEES	13 13 BURPEES	14 14 BURPEES	15 15 BURPEES	16 16 BURPEES
17 REST	18 18 BURPEES	19 19 BURPEES	20 20 BURPEES	21 21 BURPEES	22 22 BURPEES	23 23 BURPEES
24 REST	25 25 BURPEES	26 27 BURPEES	27 28 BURPEES	28 30 BURPEES	29 31 BURPEES	30

REST
DAY





OCTOBER BURPEE CHALLENGE

DIRECTIONS FOR OCTOBER BURPEE CHALLENGE



FOLLOW THE CALENDAR AND DO YOUR BURPEES EVERY DAY
ADD A PUSH-UP OR NO PUSH-UP
WALK OUT OR JUMP OUT, WALK IN OR JUMP IN

GET SOMEONE IN YOUR HOUSE TO JOIN YOU IN THE CHALLENGE!!

TRY YOUR BEST AND ENJOY THE CHALLENGE





SEPTEMBER HOVER CHALLENGE

DIRECTIONS FOR THE HOVER CHALLENGE



PICK YOUR MINUTES
3 MINUTES OR 5 MINUTES

FOLLOW THE CALENDAR AND DO YOUR HOVERS EVERY DAY
IF YOU ARE ABSENT THIS IS PART OF YOUR MAKE UP WORK
VIDEO ON SCHOOLOGY AND SUBMIT

GET SOMEONE IN YOUR HOUSE TO JOIN YOU IN THE CHALLENGE!!

TRY YOUR BEST AND ENJOY THE CHALLENGE

3 MINUTE HOVER- SEPTEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 20 SECOND HOVER	2 30 SECOND HOVER	3 30 SECOND HOVER	4 40 SECOND HOVER
5 REST	6 40 SECOND HOVER	7 45 SECOND HOVER	8 45 SECOND HOVER	9 50 SECOND HOVER	10 1 MINUTE	11 1 MIN 10 SEC
12 REST	13 1 MIN 15 SEC	14 1 MIN 20 SEC	15 1 MIN 25 SEC	16 1 MIN 30 SEC	17 1 MIN 35 SEC	18 1 MIN 40 SEC
19 REST	20 1 MIN 45 SEC	21 1 MIN 50 SEC	22 2 MIN	23 2 MIN 10 SEC	24 2 MIN 20 SEC	25 REST
26 REST	27 2 MIN 30 SEC	28 2 MIN 40 SEC	29 2 MIN 50 SEC	30 3 MINUTES!!		



5 MINUTE HOVER SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 20 SECOND HOVER	2 30 SECOND HOVER	3 30 SECOND HOVER	4 40 SECOND HOVER
5 REST	6 45 SECOND HOVER	7 50 SECOND HOVER	8 1 MINUTE HOVER	9 1 MIN 25 SEC HOVER	10 1 MIN 40 SEC HOVER	11 1 MIN 50 SEC
12 REST	13 2 MIN	14 2 MIN 25 SEC	15 2 MIN 40 SEC	16 2 MIN 50 SEC	17 3 MIN	18 3 MIN 20 SEC
19 REST	20 3 MIN 30 SEC	21 3 MIN 40 SEC	22 3 MIN 50 SEC	23 4 MIN	24 4 MIN 20 SEC	25 REST
26 REST	27 4 MIN 30 SEC	28 4 MIN 40 SEC	29 4 MIN 50 SEC	30 5 MINUTES!!		

**REST
DAY**

