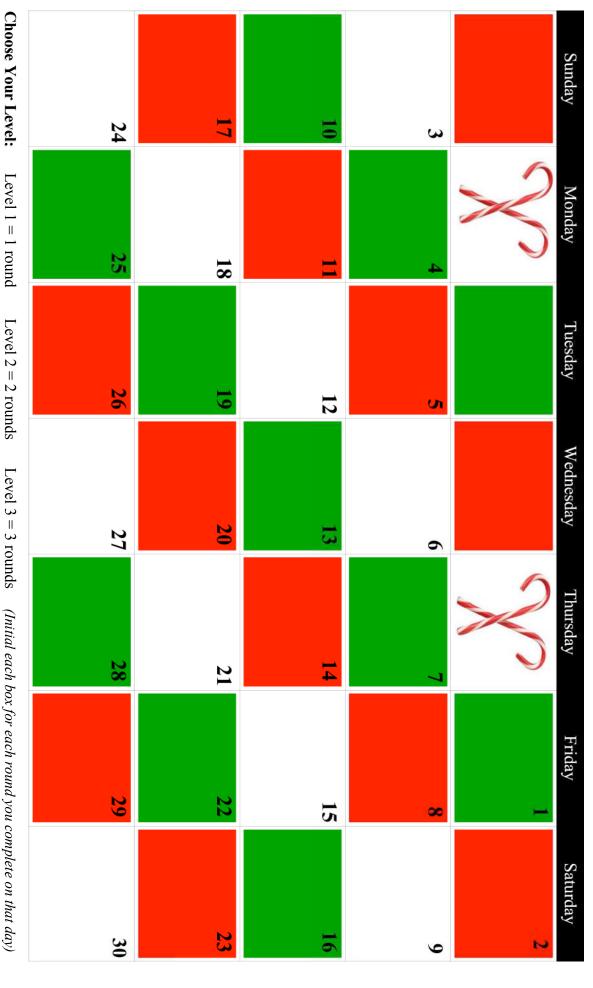
## December's Fitness Challenge



Total Days Completed:

15-19 days = Certificate

20-24 days = Certificate & Toe Token

25+ days = Certificate, Toe Token, & DREAD STRONG wristband

Parent Verification Signature:



## Striped & Sweet, Move Your Feet "The Candy Cane Workout"





25 Hand Plank Jacks 40 sec 90° Wall Sit 10 Hand Release Burpees



25 Butterfly Sit-ups 20 Squats to a Target 20 Plank Shoulder Taps



25 Tuck Jumps
20 Hand Release Push ups
30 sec Low Plank

a parent/guardian sign for verification below the calendar, and return to your Lifetime Fitness teacher the day we return from for doing the workout 2 times through, etc.) At the end of the month, add up the total number of days that you completed, have green. Therefore, on that day, you will complete the Green workout posted above. Using the calendar on the back, write your initials on each day that you complete the workout. (One set of initials for doing the workout 1 time through, 2 sets of initials Each day of the week, on the calendar, is highlighted wither red, white, or green. For example, December 1st is highlighted

<sup>\*\*</sup> Encourage family members to do this with you throughout the month. ©