

KMS Fitness Chart

Choose your exercise for the day - **Highlight the box on your own copy once completed** - Record Heart rate or score- **We will turn this chart in at the end of E-Learning.** Have Fun!

Extra credit- Videotape yourself doing a challenge-send to your teacher (Tuesday and Thursday)

MONDAY PE	FITNESS CHALLENGES	FITNESS CHALLENGES	FRIDAY PE
#1 13-minute stretching video Heart rate:	#2 Body Scan Relaxation Heart Rate:	#3 Play Fitness Uno/Cards with your family. Heart Rate:	#4 15-minute yoga routine Heart Rate:
#5 30-minute advanced cardio and total body Heart Rate:	#6 Play Would you Rather with a family member HR:	#7 Old town Road Challenge Heart Rate:	#8 30-minute cardio kickboxing and core Heart Rate:
#9 15-minute stretching video Heart Rate:	#10 Dance Monkey Challenge Heart Rate:	#11 Cha Cha Slide Fitness Challenge Heart Rate:	#12 15-minute fun dance cardio workout Heart Rate:
#13 15-minute full-body hit the workout Heart Rate:	#14 How many cup stack/jacks can you do in 1 minute?	#15 Take A 30 minute Walk/Jog/Bike Ride Heart Rate:	#16 15 minute HIT workout or 15 min. Beginner HITT
#17 15-minute ab workout Heart Rate:	#18 Play Outside for 30 minutes Heart Rate:	#19 Cupid Shuffle Plank Challenge Heart Rate:	#20 15-minute beginner HIT workout Heart Rate:
#21 20-minute total body and Abs workout Heart Rate:	#22 How many jump ropes can you do in 1 minute? Heart Rate	#23 Ghostbusters Challenge Heart Rate:	#24 Pound drumming workouts (pick 3) Heart Rate:
#25 15-minute boxing workout Heart Rate:	#26 Cotton Eyed Joe Plank Challenge Heart Rate:	#27 Wall sit Challenge Time:	#28 15-minute core and balance Heart Rate:
#29 Create/Find Your Own Workout Heart Rate:	#30 Bottle Flip Challenge Or Dice Fitness Game	#31 STAR WARS Challenge Heart Rate: Coin Toss Fitness	#32 Create/Find Your Own Workout Heart Rate:

