



FITNESS

**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!!		





I COMPLETED MY WORK AS RECORDED

STUDENT NAME:

TYPE NAME HERE

I VERIFY MY CHILD COMPLETED THEIR  
WORK AS RECORDED

PARENT/GUARDIAN NAME:

TYPE NAME HERE

DATE: SEPTEMBER 30, 2020

\*\* THIS COUNTS AS A SIGNATURE  
THANK YOU