**Middle School Fitness Daily Challenge**

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| **Monday**  | **Tuesday**  | **Wednesday**  | **Thursday**  | **Friday**  | **Sat/Sun** |
| **-30 Jumping Jacks****-2 minutes Jump Rope****-20 sit ups****-20 minute walk or jog**  | **-Go for a 30 min walk or bike ride****- Play catch outside or shoot hoops outside** | **-15 push ups****-15 Tricep dips****-40 mountain climbers****- 30 jumping jacks*****Complete this 2x*** | **Warm up with a 15 minute jog****30 Jumping jacks****40 jump ropes** **20 Sit ups** **60 Second plank** **Complete this 2x**  | **-20 jumping jacks****- 20 mountain climbers****-20 jump squats****- 30 second wall sit** ***Complete 2x*** | **Run, Walk, or play a sport outdoors for 30 minutes!** |
| **- Speed jump Challenge (see how many times you can jump rope in 60 seconds)****- 10 minutes of continuous jump rope****- 15 min walk** | **-10 burpees** **- 20 jumping jacks****- 10 jump squats****-20 sit ups*****Complete this 3X*** | **-Burpees for 30 seconds** **- 60 Second plank****- 20 squats** ***Complete 3x*****20 minute jog or walk**  | **- 30 minute Walk (Walk 4 minutes, then one minute sprint)****- Toss and catch a ball on a wall 20 times in a row** | **- 20 jumping jacks****- 20 lunges (10 each side)****- 1 min Wall sit*****Complete this 3X******20 minute walk or jog*** | **Run, Walk, or play a sport outdoors for 30 minutes!** |