**Middle School Fitness Daily Challenge**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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!** |