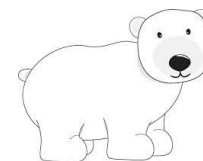


May 2022 East Broadway Fitness Challenge



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 Get Ready Day!! | 2 6 pushups 12 crunches 6 jumping jacks | 3 6 squats 12 second plank 6 jumping jacks | 4 7 pushups 14 crunches 7 jumping jacks | 5 7 squats 14 second plank 7 jumping jacks | 6 8 pushups 15 crunches 8 jumping jacks | 7 8 squats 15 second plank 8 jumping jacks |
| 8 9 pushups 18 crunches 9 jumping jacks | 9 9 squats 18 second plank 9 jumping jacks | 10 10 pushups 20 crunches 10 jumping jacks | 11 10 squats 20 second plank 10 jumping jacks | 12 11 pushups 22 crunches 11 jumping jacks | 13 11 squats 22 second plank 11 jumping jacks | 14 12 pushups 24 crunches 12 jumping jacks |
| 15 12 squats 24 second plank 12 jumping jacks | 16 13 pushups 26 crunches 13 jumping jacks | 17 13 squats 26 second plank 13 jumping jacks | 18 14 pushups 28 crunches 14 jumping jacks | 19 14 squats 28 second plank 14 jumping jacks | 20 15 pushups 30 crunches 15 jumping jacks | 21 15 squats 30 second plank 15 jumping jacks |
| 22 16 pushups 32 crunches 16 jumping jacks | 23 16 squats 32 second plank 16 jumping jacks | 24 17 pushups 34 crunches 17 jumping jacks | 25 17 squats 34 second plank 17 jumping jacks | 26 18 pushups 36 crunches 18 jumping jacks | 27 18 squats 36 second plank 18 jumping jacks | 28 19 pushups 38 crunches 19 jumping jacks |
| 29 19 squats 38 second plank 19 jumping jacks | 30 20 pushups 40 crunches 20 jumping jacks | 31 20 squats 40 second plank 20 jumping jacks | Name _____ Teacher _____ Directions: Complete the exercises each day. Parents/Guardians must initial each box that is completed. We encourage Parent/Guardian participation as well!! Return this sheet to the box in the Gym or the Physical Education staff by Friday June 3rd . All completed sheets with initials will receive a certificate of completion. Thank you and GOOD LUCK!!!! | | | |