



60 SECOND CHALLENGE

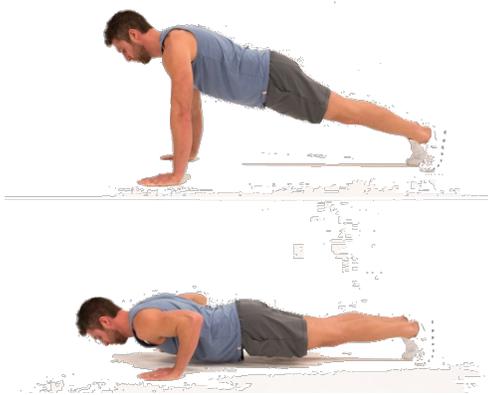
You spoke and we heard you!! Who is up for a challenge? For this activity, how many of each exercise can you do in 60 seconds? Do this challenge as many times per week and see how much you improve in one month! Write down the number you completed after each exercise on the given day you performed them.

Week 1

Exercise	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Push-ups							
Lunges							
Jumping Jacks							
Squats							
Sit-ups							
Plank							
Tricep Dips							
Tuck Jumps							

Week 2

Exercise	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Push-ups							
Lunges							
Jumping Jacks							
Squats							
Sit-ups							
Plank							
Tricep Dips							
Tuck Jumps							



Push-ups



Lunges

Week 3

Exercise	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Push-ups							
Lunges							
Jumping Jacks							
Squats							
Sit-ups							
Plank							
Tricep Dips							
Tuck Jumps							



Jumping Jacks



Squats



Sit-ups

Week 4

Exercise	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Push-ups							
Lunges							
Jumping Jacks							
Squats							
Sit-ups							
Plank							
Tricep Dips							
Tuck Jumps							



Plank



Tricep Dips



Tuck Jumps