



FIT KIDS 30 DAY CHALLENGES

12 MONTHLY WORKOUT CHALLENGES
TO GET KIDS UP AND MOVING



30 DAY CHALLENGE

FLEXIBILITY

- 10 SECOND BUTTERFLY STRETCH
- 10 SECOND LUNGE STRETCH
- 10 SECOND STANDING TOE TOUCH
- 10 SECOND SITTING TOE TOUCH
- 20 ALTERNATING TOE TOUCHES
- 10 SECOND EXTEND STRAIGHT ARM
- 20 WALKING HAMSTRING STRETCHES
- 10 SECOND BACK STRETCH
- 10 SECOND REACH FOR THE
- 10 SECOND HAMSTRD STRETCH EACH SIDE
- 10 SECOND BRIDGE S
- 10 SECOND STANDI STRETCH
- 10 SECOND FORW STRETCH
- 10 SECOND EXTE STRETCH
- 20 WALKING L STRETCHES
- 10 SECOND ST. FORWARD BE
- 10 SECOND OF EACH SIDE
- 10 SECOND C
- 10 SECOND



30 DAY CHALLENGE

MUSCULAR STRENGTH

- 60 SECOND CRAB WALK
- 10 LUNGES EACH LEG
- 60 SECOND FOREARM PLANK
- 10 PUSH-UPS
- 20 SIT-UPS
- 30 SECOND SQUAT HOLD
- 60 SECOND BRIDGE HOLD
- 30 SECOND SIDE PLANK
- 60 SECOND BAR HANG
- 25 WALKING LUNGES
- 30 SECOND LOW PLANK
- 10 PULL-UPS
- 20 CURL-UPS
- 30 SECOND LUNGE HOLD
- 60 SECOND TRUNK LIFT
- 10 DIAMOND HAND PUSH-UPS
- 60 SECOND HEAVY CARRY
- 20 LEG RAISES
- 60 SECOND HIGH PLANK
- 20 CRAB PUSH-UPS
- 20 SQUATS
- 60 SECOND BEAR CRAWL



30 DAY CHALLENGE

MUSCULAR STRENGTH

- 60 SECOND BRIDGE HOLD
- 20 STRAIGHT ARM CURL-UPS
- 45 SECOND UPWARD PLANK
- 45 SECOND DOWNWARD PLANK
- 15 BURPEES
- 1 MINUTE ZOMBIE WALK
- 25 SECOND TRUNK LIFT
- 25 AIR JUMPS
- 20 HULA HOOP JUMP ROPE
- 1 MINUTE
- 10 LUNGES EA
- 20 SECOND ELB
- 25 PUSH-UPS
- 25 CROSSED ARM
- 20 CRAB WALK P
- 25 SECOND SQUAT
- 25 SECOND FLEX AR
- 60 SECOND STANDING TOUCHES
- 25 SECOND

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Welcome to the FitKids 30 Day Challenges!

Inside this resource, we've provided you with 12 simple and fun workout challenges designed for kids of all ages.

Each challenge includes 30 short exercise tasks grouped around a single theme. Let's explore them in more detail.



CHALLENGE 1: MUSCULAR STRENGTH

- Muscular strength is your ability to move and lift objects. It's measured by how much force you can exert and how much weight you can lift for a short period of time. This challenge will include tasks like push-ups and leg raises.



CHALLENGE 2: MUSCULAR ENDURANCE

- Muscular endurance refers to the ability of a muscle to exert force, consistently and repetitively, over a period of time. This challenge will include tasks like bridge holds and mountain climbers.



CHALLENGE 3: FLEXIBILITY

- Flexibility is the ability of a joint or series of joints to move through an unrestricted, pain free range of motion. This challenge will include tasks like butterfly stretches and toe touches.



CHALLENGE 4: CARDIOVASCULAR ENDURANCE

- Cardiovascular endurance is a measure of how well you can do exercises that involve your whole body at moderate to high intensity for an extended time. This challenge will include tasks like skipping and jumping jacks.



CHALLENGE 5: YOGA

- Flexibility is the ability of a joint or series of joints to move through an Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. This challenge will include yoga poses like "happy baby" and "cat-cow."



CHALLENGE 6: LOCOMOTOR MOVEMENTS

- Locomotor movements are movements that cause the body to travel from one place to another. This challenge will include tasks like army crawls, slide steps and zombie walks.



CHALLENGE 7: THROWING & CATCHING

- Throwing and catching are essential skills in many popular sports. This challenge will include tasks that help kids learn to throw and catch objects of different sizes using different techniques.



CHALLENGE 8: PLYOMETRICS

- Plyometrics is a type of exercise training that uses speed and force of different movements to build muscle power. This challenge will include tasks like jump squats and tuck jumps.



CHALLENGE 9: CONDITIONING

- This challenge will pull elements from many of the previous challenges, including tasks that combine strength, endurance and flexibility.



CHALLENGE 10: HOUSEHOLD CHORES

- One of the best way to get kids more active is to get them helping out around the house. This challenge includes tasks like organizing toys, setting the table and walking the dog.



CHALLENGE 11: SPORTS SKILLS

- This challenge combines skills from basketball, baseball, gymnastics, soccer, lacrosse and volleyball. Kids will get to practice their favorite sports and improve their skills.



CHALLENGE 12: BALANCE

- Balance is the ability to stay upright or stay in control of body movement. It's an essential part of physical fitness and can be greatly improved through practice and training.



How to Use This Resource

Here are some suggestions on how parents, educators and coaches can use these challenges:

1. Hand out a 30 day challenge at the beginning of each month. Have the kids keep track of their own tasks day to day. Check in once per week to see how they're doing. At the end of the month, give a prize to any kid that completed all 30 days.
2. Post the challenge on your classroom bulletin board. Encourage the kids to find 5 minutes per day to complete one of the exercise challenges and check it off when they do.
3. Pick one task per day as your brain break or classroom energizer. When transitioning between subjects, take 5 minutes and perform one or more of the exercise tasks.
4. Hand out the challenges to kids as they depart for extended vacations or summer breaks. Challenge them to complete one exercise task per day while they are out of school.
5. Organize a school-wide 30 day challenge. Classrooms can compete against each other to see how many students can complete the exercise tasks on a daily basis.
6. Use the challenge as a PE lesson plan. Discuss the importance of a particular component of fitness (for example, why flexibility is important), then go through the flexibility tasks one by one. Do a different challenge for each individual PE class.
7. Set up PE Stations. Post the 12 challenges around your classroom or gym. Divide your class into small groups and assign one challenge station to each group. The kids will pick one task from the challenge sheet and perform it for 1-2 minutes. Blow your whistle and rotate to a new station, then repeat.



30 DAY CHALLENGE



MUSCULAR STRENGTH



☐ 60 SECOND CRAB WALK



☐ 10 LUNGES EACH LEG



☐ 60 SECOND FOREARM PLANK



☐ 10 PUSH-UPS



☐ 20 SIT-UPS



☐ 30 SECOND SQUAT HOLD



☐ 60 SECOND BRIDGE HOLD



☐ 30 SECOND SIDE PLANK



☐ 60 SECOND BAR HANG



☐ 25 WALKING LUNGES



☐ 30 SECOND LOW PLANK



☐ 60 SECOND WALL SIT



☐ 10 CLOSE GRIP PUSH-UPS



☐ 30 SECOND WHEELBARROW



☐ 25 CALF RAISES



☐ 10 PULL-UPS



☐ 20 CURL-UPS



☐ 30 SECOND LUNGE HOLD



☐ 60 SECOND TRUNK LIFT



☐ 10 DIAMOND HAND PUSH-UPS



☐ 60 SECOND HEAVY CARRY



☐ 20 LEG RAISES



☐ 60 SECOND HIGH PLANK



☐ 20 CRAB PUSH-UPS



☐ 20 SQUATS



☐ 60 SECOND BEAR CRAWL



☐ 30 SECOND CHAIR HOLD



☐ 25 STAIR STEP-UPS



☐ 20 WALL PUSH-UPS



☐ 30 SECOND SWIMMER KICKS



30 DAY CHALLENGE



MUSCULAR ENDURANCE



60 SECOND BRIDGE HOLD



20 STRAIGHT ARM CURL-UPS



45 SECOND UPWARD PLANK



45 SECOND DOWNWARD PLANK



15 BURPEES



1 MINUTE ZOMBIE WALK



25 SECOND TRUNK LIFT



25 AIR JUMPS



20 HULA HOOP JUMP ROPE



1 MINUTE PARTNER JUMP ROPE



30 SECOND BALANCING ON EACH FOOT



30 SECOND 3-LEGGED DOG HOLD



30 SECOND HEAVY OBJECT HOLD



2 PULL-UPS



1 MINUTE RUN IN PLACE



10 LUNGES EACH LEG



20 SECOND ELBOW PLANK



25 PUSH-UPS



25 CROSSED ARM CURL-UPS



20 CRAB WALK PUSH-UPS



25 SECOND SQUAT HOLD



25 SECOND FLEX ARM HANG



60 SECOND STANDING TOE TOUCHES



25 SECOND BUTTERFLY STRETCH



25 MOUNTAIN CLIMBERS



60 SECOND JUMPING ROPE



25 WALL PUSH-UPS



25 FROG JUMPS



25 SECOND WALL SIT



15 SQUATS



30 DAY CHALLENGE



FLEXIBILITY



☐ 10 SECOND BUTTERFLY STRETCH



☐ 10 SECOND LUNGE STRETCH



☐ 10 SECOND STANDING TOE TOUCH



☐ 10 SECOND SITTING TOE TOUCH



☐ 20 ALTERNATING TOE TOUCHES



☐ 10 SECOND EXTEND STRAIGHT ARM



☐ 20 WALKING HAMSTRING STRETCHES



☐ 10 SECOND BACK STRETCH



☐ 10 SECOND REACH FOR THE STARS



☐ 10 SECOND SITTING NECK STRETCH



☐ 10 SECOND "Y" STRETCH



☐ 10 SECOND HALF SPLIT STRETCH EACH SIDE



☐ 10 SECOND SEATED TWIST STRETCH EACH SIDE



☐ 10 SECOND TRIANGLE STRETCH EACH SIDE



☐ 10 SECOND TRICEPS STRETCH EACH SIDE



☐ 10 SECOND HAMSTRING STRETCH EACH SIDE



☐ 10 SECOND BRIDGE STRETCH



☐ 10 SECOND STANDING NECK STRETCH



☐ 10 SECOND FORWARD TRUNK STRETCH



☐ 10 SECOND EXTENDED ARM STRETCH



☐ 20 WALKING LUNGE STRETCHES



☐ 10 SECOND STANDING FORWARD BEND



☐ 10 SECOND QUAD STRETCH EACH SIDE



☐ 10 SECOND CRAB STRETCH



☐ 10 SECOND SITTING "Y" STRETCH



☐ 20 WALKING QUAD STRETCHES



☐ 10 SECOND INTERIOR HURDLER STRETCH EACH SIDE



☐ 10 SECOND FLAT BACK STRETCH



☐ 10 SECOND STANDING CALF STRETCH EACH SIDE



☐ 30 SECOND BALANCE SIT



30 DAY CHALLENGE



CARDIOVASCULAR
ENDURANCE



☐ 25 BURPEES



☐ 1 MINUTE JUMPING JACKS



☐ 25 JUMPS INTO THE AIR



☐ 1 MINUTE HOPPING EACH FOOT



☐ 1 MINUTE TWIRL HULA HOOP - WAIST



☐ 1 MINUTE HOP SCOTCH JUMPING



☐ 1 MINUTE GALLOPING



☐ 25 'JUMPING ROPE' HULA HOOP



☐ 1 MINUTE PARTNER WHEEL BARREL



☐ 1 MINUTE SLITHERING LIKE A SNAKE



☐ 1 MINUTE TWIRL HULA HOOP - ARM



☐ 1 MINUTE HEAVY BACKPACK HIKE



☐ 1 MINUTE JUMPING IN/OUT HOOP



☐ 1 MINUTE ALTERNATE LEG JUMPS



☐ 1 MINUTE PARTNER JUMP ROPE



☐ 1 MINUTE JUMPING ROPE



☐ 1 MINUTE JOGGING IN PLACE



☐ 1 MINUTE OF SIDE STEPPING



☐ 1 MINUTE BEAR CRAWL



☐ 1 MINUTE JUMP ROPE CRISS CROSS



☐ 1 MINUTE BALANCING ON EACH FOOT



☐ 1 MINUTE SCISSORS JUMPING



☐ 1 MINUTE CRAB WALK



☐ 1 MINUTE STAR JUMPS



☐ 1 MINUTE DOUBLE DUTCH JUMP ROPE



☐ 1 MINUTE RUNNING BACKWARDS



☐ 1 MINUTE JUMPING ROPE ONE FOOT



☐ 1 MINUTE OF SKIPPING



☐ 1 MINUTE JUMP ROPE BACKWARDS



☐ 1 MINUTE FREESTYLE CARDIO DANCE



30 DAY CHALLENGE



☐ 10 SECOND 2-LEGGED FOLD



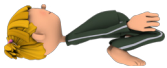
☐ 10 SECOND BABY CRAWL



☐ 10 SECOND DOWNWARD DOG



☐ 10 SECOND HALF DRAGONFLY EACH SIDE



☐ 10 SECOND BRIDGE POSE



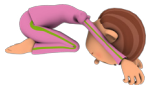
☐ 10 SECOND HALF SPLIT EACH SIDE



☐ 10 SECOND LOTUS POSE



☐ 10 SECOND HAPPY BABY



☐ 10 SECOND CHILD POSE



☐ 10 SECOND WIND POSE



☐ 10 SECOND STANDING TWIST EACH SIDE



☐ 10 SECOND MOUNTAIN HANDS UP



☐ 10 SECOND SEATED TWIST POSE EACH SIDE



☐ 10 SECOND TRIANGLE POSE EACH SIDE



☐ 10 SECOND HIGH SIDE BEND EACH SIDE



☐ 10 SECOND BUTTERFLY



☐ 30 SECOND STANDING MEDITATION



☐ 30 SECOND LYING DOWN MEDITATION



☐ 10 SECOND BOAT POSE



☐ 10 SECOND FORWARD BEND



☐ 10 SECOND LOCUST POSE



☐ 10 SECOND MOUNTAIN POSE



☐ 10 SECOND LOW LUNGE EACH SIDE



☐ 25 CAT-COWS



☐ 10 SECOND SIDE BEND EACH SIDE



☐ 10 SECOND SEATED TWIST EACH SIDE



☐ 10 SECOND PIGEON STRETCH EACH SIDE



☐ 10 SECOND SIDE PLANK EACH SIDE



☐ 10 SECOND WARRIOR POSE EACH SIDE



☐ 10 SECOND TREE POSE



30 DAY CHALLENGE



LOCOMOTOR MOVEMENTS



☐ 30 SECOND BABY CRAWL



☐ 10 ONE-LEGGED HOPS EACH SIDE



☐ 20 SECOND LOG ROLL



☐ 30 SECOND DOG CRAWL



☐ 1 MINUTE SEAL CRAWL



☐ 1 MINUTE HIGH KNEE MARCH



☐ 5 X 40 YARD SPRINTS



☐ 1 MINUTE HOP SCOTCH JUMPING



☐ 10 FORWARD TUCK JUMPS



☐ 1 MINUTE SKIPPING



☐ 1 MINUTE ARMY CRAWL



☐ 10 BACKWARD HOPS



☐ 20 SECOND JUMP & SPIN



☐ 30 SECOND INCHWORM



☐ 30 SECOND WALRUS WALK



☐ 1 MINUTE GALLOPING



☐ 10 RUNNING LEAPS



☐ 1 MINUTE JOGGING



☐ 1 MINUTE TIPTOE WALK



☐ 25 FORWARD HOPS



☐ 1 MINUTE SLIDE STEP



☐ 1 MINUTE ZOMBIE WALK



☐ 1 MINUTE HOPPING ON 2 FEET



☐ 1 MINUTE ALLIGATOR CRAWL



☐ 30 SECOND CRAB WALK



☐ 1 MINUTE WALKING BACKWARDS



☐ 1 MINUTE CONGA LINE DANCE



☐ 30 SECOND BEAR CRAWL



☐ 30 SECONDS HOP ON ONE FOOT



☐ 30 SECOND WHEELBARROW WALK



30 DAY CHALLENGE

Try Each Challenge 10 Times



THROWING AND CATCHING



☐ **THROW AND CATCH WITH PARTNER**



☐ **SELF TOSS INTO AIR AND CATCH**



☐ **THROW LIKE A BASEBALL PITCHER**



☐ **TOSS BALL IN AIR, CLAP, THEN CATCH**



☐ **THROW BALL THROUGH HULA HOOP**



☐ **BOWL BALL AT A PIN**



☐ **PLAY CATCH ON YOUR KNEES**



☐ **CATCH ROLLING BALL FROM PARTNER**



☐ **THROW A POOL NOODLE LIKE JAVELIN**



☐ **CATCH WITH TWO HANDS**



☐ **THROW FRISBEE WITH A PARTNER**



☐ **THROW FOOTBALL WITH A PARTNER**



☐ **HIT BALL TO WALL THEN CATCH**



☐ **PLAY CATCH WITH A BALLOON**



☐ **CATCH BALL WITH WEAK HAND**



☐ **CATCH WITH A BASEBALL GLOVE**



☐ **THROW AGAINST A WALL AND CATCH**



☐ **WINDMILL THROW LIKE A SOFTBALL PITCHER**



☐ **TOSS BALL IN AIR, SPIN 360° AND CATCH**



☐ **JUMPING OVERHEAD CATCH**



☐ **LONG DISTANCE CATCH WITH PARTNER**



☐ **CATCH A BALL WITH STRONG HAND**



☐ **BOWL A BALL THROUGH PARTNER'S LEGS**



☐ **KNOCK BALL OFF TOP OF CONE**



☐ **THROW WITH YOUR WEAK ARM**



☐ **DIVE CATCH ONTO MAT**



☐ **THROW BALL AT CUPS**



☐ **JUGGLE 2 BALLS**



☐ **PLAY RING TOSS WITH HOOP AND CONE**



☐ **UNDERHAND THROWS WITH PARTNER**



30 DAY CHALLENGE



PLYOMETRIC



☐ 10 JUMPS IN AIR



☐ 10 JUMP ROPES



☐ 10 JUMP SQUATS



☐ 10 BURPEES



☐ 10 CLAPPING PUSH-UPS



☐ 10 STEPS UP/DOWN ON MILK CRATE



☐ 10 JUMP LUNGES



☐ 10 JUMP ROPE WITH HULA HOOP



☐ 10 HOPS ON LEFT FOOT



☐ 10 HALF TURN JUMPS



☐ 10 JUMPING JACKS



☐ 1 MINUTE POWER WALKING



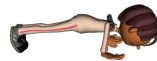
☐ 10 SECONDS BEAR CRAWL



☐ 10 EXPLOSIVE JUMPS OVER A CONE



☐ 10 SECONDS GALLOPING



☐ 10 EXPLOSIVE PUSH-UPS



☐ RUN IN PLACE 20 SECONDS



☐ 10 EXPLOSIVE LEAPS



☐ 10 HOPS ON RIGHT FOOT



☐ 10 JUMPING IN & OUT OF HULA HOOP



☐ 10 SIDE TO SIDE JUMPS



☐ 10 TUCK JUMPS



☐ 10 SECOND CRAB WALK



☐ 10 STAR JUMPS



☐ 10 HOPS ON EACH FOOT



☐ 10 STRADDLE JUMPS



☐ 1 MINUTE POWER WALKING BACKWARDS



☐ 10 SECONDS BABY CRAWLING



☐ 10 EXPLOSIVE JUMPS ON / OFF MAT



☐ 10 SECONDS SKIPPING



30 DAY CHALLENGE



CONDITIONING



☐ 1 MINUTE PARTNER WHEEL BARREL



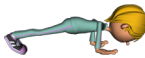
☐ 1 MINUTE JUMP ROPE



☐ 1 MINUTE HULA HOOPING



☐ 1 MINUTE RUNNING



☐ 20 SECOND PLANK



☐ 5 CURL-UPS



☐ 10 PUSH-UPS



☐ 30 SECONDS PARTNER JUMP ROPE



☐ 1 MINUTE HOP SCOTCH



☐ 1 MINUTE JUMP ROPE WITH HOOP



☐ 10 SECONDS TOE TOUCH



☐ 10 SECOND UPWARD STRETCH



☐ 10 SECOND BUTTERFLY STRETCH



☐ 10 SECONDS BALANCING ON EACH LEG



☐ 10 SECONDS UPWARDS PLANK



☐ 5 SMALL CHAIR LIFTS



☐ 1 MINUTE WALKING / HIKING



☐ 1 MINUTE MOVING ON SCOOTER



☐ 1 MINUTE ROLLING ON LARGE BALL



☐ 5 CRAB PUSH-UPS



☐ 10 LUNGES EACH LEG



☐ 20 JUMPS OVER A SAFE OBJECT



☐ 10 LEAPS INTO THE AIR



☐ 10 SECONDS WALL SIT



☐ 1 MINUTE FREE STYLE DANCE



☐ 10 SECONDS FOREARMS PLANK



☐ 10 SECOND HAMSTRING STRETCH EACH LEG



☐ 20 ALTERNATE LEG CRISS CROSS JUMPS



☐ 10 SECONDS STANDING TOE TOUCHES



☐ 5 SECONDS FLEX ARM HANG



30 DAY CHALLENGE



AROUND THE HOUSE



☐ SWEEP THE FLOOR



☐ HELP WITH GARDENING



☐ VACUUM THE FLOOR



☐ TAKE OUT THE TRASH



☐ WASH DISHES



☐ ORGANIZE YOUR BOOKSHELF



☐ SET AND CLEAR THE TABLE



☐ ORGANIZE YOUR TOYS



☐ BRING IN THE MAIL



☐ CLEAN OUT THE GARAGE



☐ WALK TO SCHOOL OR BUS



☐ PICK UP DIRTY LAUNDRY



☐ ORGANIZE YOUR SPORTS EQUIPMENT



☐ WASH YOUR HANDS



☐ MAKE YOUR BED



☐ HELP WITH LAUNDRY



☐ CLEAN UP ROOM



☐ HELP WITH FOOD SHOPPING



☐ HELP PREPARE A HEALTHY MEAL



☐ CLEAN THE BATHROOM



☐ WALK THE DOG



☐ BRUSH YOUR HAIR



☐ PLAY WITH YOUR SIBLINGS



☐ BRUSH YOUR TEETH



☐ DRINK 3 GLASSES OF WATER



☐ MOP THE FLOOR



☐ DUST THE FURNITURE



☐ CLEAN YOUR ROOM



☐ CLEAN WINDOWS



☐ BUILD A FORT



30 DAY CHALLENGE



SPORTS SKILLS



- ☐ SHOOT 10 BASKETBALL JUMP SHOTS



- ☐ HIT A TENNIS BALL AGAINST A WALL FOR 5 MINUTES



- ☐ PUNT A FOOTBALL 10 TIMES



- ☐ PLAY BASKETBALL P.I.G. WITH A GROUP OF FRIENDS



- ☐ PLAY CATCH WITH A FRIEND FOR 5 MINUTES



- ☐ HIT A BALL WITH A BASEBALL BAT 10 TIMES



- ☐ SHOOT A SOCCER BALL A TARGET 10 TIMES



- ☐ PLAY 1 ON 1 BASKETBALL FOR 5 MINUTES



- ☐ DRIBBLE A HOCKEY BALL IN PLACE FOR 2 MINUTES



- ☐ FIELD 10 GROUND BALLS WITH A BASEBALL GLOVE



- ☐ PLAY LACROSSE CATCH WITH A PARTNER FOR 5



- ☐ PASS A SOCCER BALL WITH A PARTNER FOR 5 MINUTES



- ☐ CATCH 10 POP FLIES



- ☐ SHOOT A HOCKEY BALL AT A NET 10 TIMES



- ☐ THROW A BASEBALL WITH A PARTNER 20 TIMES



- ☐ JUGGLE A SOCCER BALL FOR 2 MINUTES



- ☐ RUN AND DRIBBLE A SOCCER BALL FOR 2 MINUTES



- ☐ DRIBBLE A BASKETBALL FOR 1 MINUTE WITH EACH HAND



- ☐ RUN AND DRIBBLE A HOCKEY BALL FOR 2 MINUTES



- ☐ TOE-TAP A SOCCER BALL 25 TIMES



- ☐ RUN A 50 YARD DASH AND TIME YOURSELF



- ☐ RUN AND DRIBBLE A BASKETBALL FOR 2 MINUTES



- ☐ GO BIKE RIDING FOR 5 MINUTES



- ☐ SKATEBOARD SAFELY FOR 5 MINUTES



- ☐ WINDMILL PITCH A SOFTBALL 10 TIMES



- ☐ SERVE A VOLLEYBALL 10 TIMES



- ☐ PITCH A BASEBALL AT A TARGET 10 TIMES



- ☐ SHOOT 10 BASKETBALL LAYUPS



- ☐ PLAY SOCCER GOALIE FOR 5 MINUTES



- ☐ HOLD A GYMNASTICS V-SIT FOR 30 SECONDS



30 DAY CHALLENGE



BALANCE



BALANCE ON YOUR ELBOWS AND FEET FOR 20 SECONDS



HOLD A BOAT POSE FOR 10 SECONDS



SAFELY HOLD A HANDSTAND FOR 10 SECONDS



SAFELY HOLD A SHOULDER STAND FOR 10 SECONDS



HOLD A RIGHT TRIANGLE POSE FOR 10 SECONDS



BALANCE ON 1 HAND AND 1 FOOT FOR 10 SECONDS



HOLD A BALANCE SIT FOR 10 SECONDS



BALANCE ON LEFT FOOT FOR 20 SECONDS



HOLD A HAMSTRING STRETCH FOR 10 SECONDS EACH LEG



BALANCE ON 2 HANDS AND 1 FOOT FOR 10 SECONDS



BALANCE ON 2 HANDS AND 2 KNEES FOR 10 SECONDS



HOLD A TREE POSE FOR 10 SECONDS



HOLD A LOW LEFT LEG LUNGE FOR 10 SECONDS



HOLD A RIGHT SIDE PLANK FOR 10 SECONDS



HOLD A LEFT LEG HALF SPLIT FOR 10 SECONDS



BALANCE ON YOUR HANDS, FOREHEAD AND KNEES FOR 10 SECONDS



BALANCE ON RIGHT FOOT FOR 20 SECONDS



HOLD A LEFT SIDE PLANK FOR 10 SECONDS



HOLD A LOW RIGHT LEG LUNGE FOR 10 SECONDS



HOLD A QUAD STRETCH FOR 10 SECONDS EACH LEG



SAFELY HOLD A HEADSTAND FOR 10 SECONDS



BALANCE ON 2 HANDS AND 1 FOOT FOR 10 SECONDS EACH SIDE



SAFELY HOLD A TRIPOD STAND FOR 10 SECONDS



BALANCE ON YOUR BELLY FOR 10 SECONDS



BALANCE ON 1 HAND AND 2 FEET FOR 10 SECONDS



HOLD A DOWNWARD DOG POSE FOR 10 SECONDS



HOLD A RIGHT LEG HALF SPLIT FOR 10 SECONDS



HOLD A WARRIOR POSE FOR 10 SECONDS EACH SIDE



HOLD A LEFT TRIANGLE POSE FOR 10 SECONDS



HOLD A FORWARD BEND FOR 10 SECONDS