

Fit Kids of America

Fit Mind, Fit Body, Fit Kids Challenge

Super Sunday	Marvelous Monday	Terrific Tuesday	Wonderful Wednesday	Tremendous Thursday	Fit Kids Friday	Splendid Saturday
			1 15 Jumping Jacks 15 Squats 10 Lunges (per Leg) 5 Pushups	2 15 Arm Circles (15 each direction) 15 High Knees 10 Squat Jumps 15 Sit-Ups	3 15 Mountain Climbers (per leg) 15 Scissor Jumps 10 Burpees 15 Abs Twist	4 
5 	6 20 Jumping Jacks 20 Squats 15 Lunges (per Leg) 10 Pushups	7 Plank (20 seconds) 15 Heel Kicks (per leg) 20 Frog Jumps 20 Sit-Ups	8 20 Mountain Climbers (per leg) 20 Scissor Jumps 15 Burpees 20 Abs Twist	9 20 High Knees 20 Frog Jumps 20 Jumping Jacks 15 Burpees	10 20 Arm Circles (20 each direction) 20 High Knees 15 Squat Jumps 20 Sit-Ups	11 
12 	13 Plank (25 seconds) 20 Heel Kicks (per leg) 25 Frog Jumps 25 Sit-Ups	14 25 Jumping Jacks 25 Squats 20 Lunges (per Leg) 15 Pushups	15 25 Arm Circles (25 each direction) 25 High Knees 20 Squat Jumps 25 Sit-Ups	16 25 Mountain climbers (per leg) 25 scissor Jumps 20 Burpees 25 Abs Twist	17 25 High Knees 25 Frog Jumps 25 Jumping Jacks 20 Burpees	18 
19 	20 Plank (30 seconds) 30 Heel Kicks (per leg) 30 Frog Jumps 30 Sit-Ups	21 30 Mountain climbers (per leg) 30 scissor Jumps 30 Burpees 30 Abs twist	22 30 Jumping Jacks 30 Squats 30 Lunges (per Leg) 30 Pushups	23 30 High Knees 30 Frog Jumps 30 Jumping Jacks 30 Burpees	24 30 Arm Circles (each direction) 30 High Knees 30 Squat Jumps 30 Sit-Ups	25 
26 	27 35 High Knees 35 Frog Jumps 35 Jumping Jacks 25 Burpees	28 Plank (35 seconds) 35 Heel Kicks (per leg) 35 Frog Jumps 35 Sit-Ups	29 35 Arm Circles (each direction) 35 High Knees 35 Squat Jumps 35 Sit-ups	30 35 Mountain climbers (per leg) 35 Scissor Jumps 35 Burpees 35 Abs Twist		