

STUDENT NAME

PARENT SIGNATURE



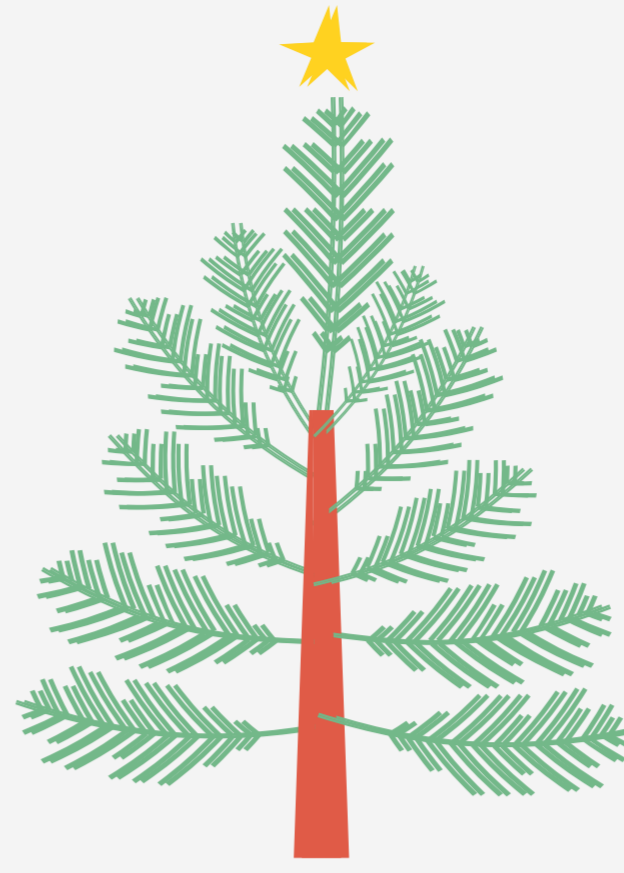
DAY 1

15 burpees



DAY 2

2 sit ups



DAY 3

3 lunges



DAY 4

60 sec. plank



DAY 5

5 shoulder-plank touches



DAY 6

6 push ups



DAY 7

7 jumping jacks



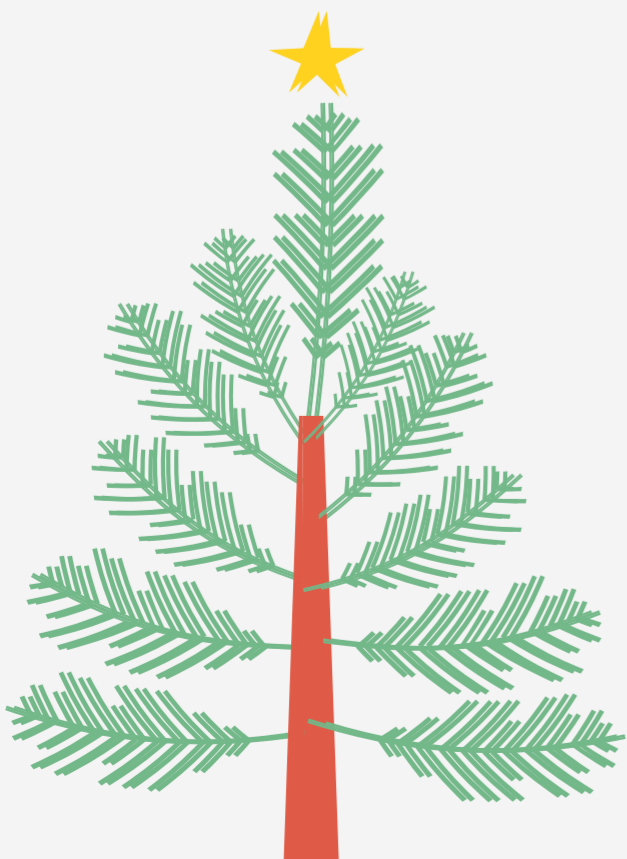
DAY 8

8 mountain climbers

12 DAYS OF FITNESS!

COMPLETE EACH DAY PLUS THE DAYS BEFORE

SO BY THE END, YOU ARE DOING ALL 12 EXERCISES ON THE 12TH DAY.



DAY 9

9 air squats



DAY 10

10 butt-kicks



DAY 11

45 second wall sit



DAY 12

12 laps around your house!

MARIELLE PRICE

Acting Director

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