



MILEAGE CLUB

WEEK 1

Activity #1 - Run/walk and track you mileage for fun!

Examples: Run around your house 10 times, run/walk around a park trail or neighborhood block.

Activity #2 - SPIRIT WORD WEDNESDAY!

On your gym circuit sheet spell the words
“GO PANTHERS”

Activity #3 - Go on a bike ride, rollerblade or walk with your family. Remember to track your mileage for fun.

Flipgrid code: **wallinga8606**



Post your activities to the Mileage Club flipgrid page
and don't forget to comment and cheer on your friends!!



Mileage Club

Alphabet Circuit

- A - 10 burpees**
- B - run around the house 3 times**
- C - 1 minute wall sit (or as long as you can)**
- D - 10 sit ups**
- E - 10 push ups**
- F - 1 minute plank (or as long as you can)**
- G - 5 cartwheels**
- H - jump rope for 1 minute**
- I - 20 jumping jacks**
- J - 10 jump squats**
- K - skip around the house 3 times**
- L - 20 mountain climbers**
- M - run up and down stairs 5 times**
- N - 20 mountain climbers**
- O - bicycle crunches for 1 minute**
- P - run in place for 1 minute**
- Q - 10 squats**
- R - 1 minute plank (or as long as you can)**
- S - 10 squats**
- T - 20 jumping jacks**
- U - 10 sit ups**
- V - 10 lunges**
- W - 10 push ups**
- X - balance on one leg as long as you can**
- Y - 20 mountain climbers**
- Z - dribble basketball 20 times**