

Title: 1000 REP CHALLENGE

Grade: 6 -8

Summary: Complete a **challenging** workout to improve overall physical fitness.

Fitness Concept: Improve or maintain personal level of physical fitness

Physical Fitness: Physical fitness is the ability of the body systems to work together efficiently to allow you to be healthy and effectively perform activities for daily living.

There are 5 components of Fitness:

1. **Cardiovascular Endurance** – is the ability to exercise your entire body for long periods of time. heart, lungs and muscles efficiently use oxygen over time
2. **Flexibility**- ability of a muscle and joints to move through its full range of motion
3. **Body Composition** – ratio of lean mass (tissue, bones, muscles) to fat
4. **Muscular Strength** – maximum amount of force a muscle can produce
5. **Muscular Endurance** – is the ability to use your muscles many times without tiring

Time to Move!

1. Listed below are **13 different exercises** and the **number of repetitions** for each exercise. If you complete the entire workout, you will have completed **1,000 reps or repetitions**. A **repetition** is how many times you will repeat that exercise.
2. Decide how you would like to complete your repetitions. You may choose one of the following:
 - A. Complete all 100 reps of each exercise and move to next exercise on list
 - B. Divide list in half. Complete 25 reps of the first 5-6 exercises on the list and then repeat 4 times. Then do the same for next half of exercises on the list.
 - C. Do 10 repetitions of each exercise on entire list and repeat 10 times
 - D. There is no right or wrong way on how you complete your 1,000 Rep Challenge. You choose how you would like to arrange your workout! Set a timer and see how long it takes you to complete the challenge! Get a work out partner to see who can finish first or time yourself once a week and see if you improve each week!
 - E. If you are unsure of what the exercise is please see the diagram on next page.

Remember to WARM UP prior to exercising. Dress appropriately for movement and hydrate with water.

EXERCISES

- 1) 100 Jumping Jacks
- 2) 100 Lunges (count each leg)
- 3) 100 Sit Ups
- 4) 100 Flutter Kicks (legs vertical, up and down) (count each leg)
- 5) 100 scissor kicks (legs horizontal, side to side) (count each leg)
- 6) 100 Body Squats (upper thigh parallel to floor) (Good Squat form: feet shoulder width, chest up, back flat)
- 7) 100 Toe Raises (up high on toes, down slow)
- 8) 50 Supermans
- 9) 50 Russian Twist (sit on floor with knees up, touch both hands to right side by hip, then touch both hands to left side by hip)
- 10) 50 Push Ups
- 11) 50 second plank
- 12) 50 second side plank (right)
- 13) 50 second side plank (left)

Modifications:

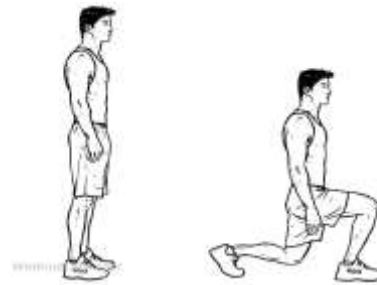
1. Reduce the challenge to 500 Rep challenge
2. Change any of the exercises you need. www.darebee.com is a great resource for ideas.

Enrichment:

1. Design your own challenge for yourself or a family member.
2. Change the way you structured your challenge and attempt it again and compare results in terms of time, exertion, or difficulty.



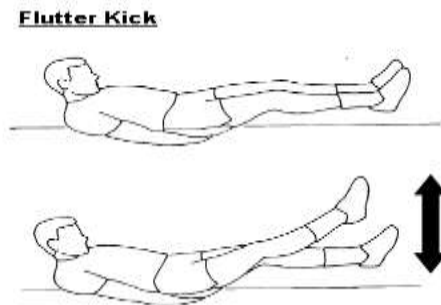
1. Jumping Jacks



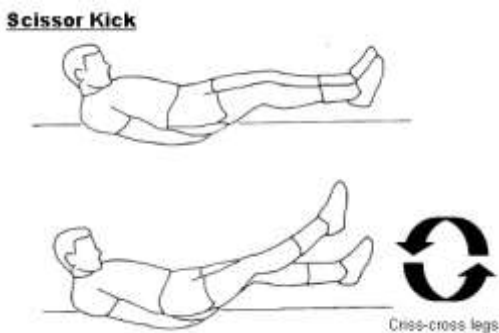
2. Lunge



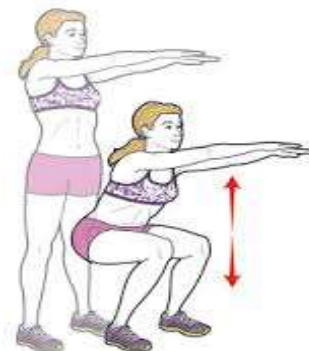
3. Sit-ups



4. Flutter Kicks



5. Scissor Kick



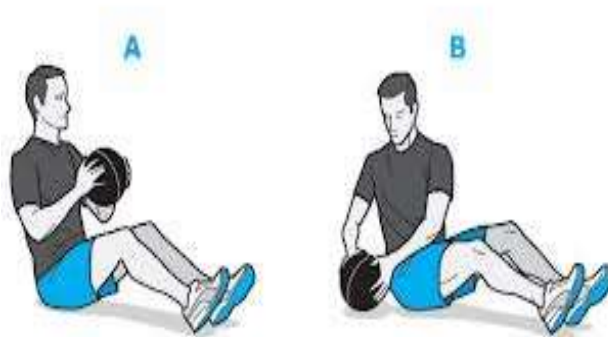
6. Body Weight Squats



7. Toe Raises



8. Superman



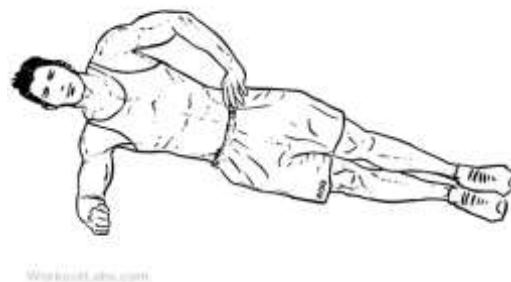
9. Russian Twists



10. Push-Ups



11. Plank



12 and 13. Side Plank