

Family Fitness Challenge

What you will need:

- Stop watch
- Jump rope
- Someone to race
- Your desire to win!

Fitness Relay

Complete the following sequence of exercises in order. Time yourself to see how fast you can complete the challenge. The person with the fastest time wins.

- 5 sit-ups
- 10 jumping jacks
- Sit down then stand up from a chair 15 times
- 5 push-ups



Speedy Sit-ups

- See how many sit-ups you can complete in one minute.

Balance Brawl

- Time yourself to see how long you can balance on one leg.

Army Crawl

- Set up an obstacle course using chairs, pillows, couches, etc. The person who army crawls through the course the fastest wins!

Make it a weekly tradition and track your speed and scores. See who improves the most at the end of the month! You could even have prizes for the winners!

