








100 Second Challenge

- Perform each exercise and record how many you can properly perform in 100 seconds.
- Rest 1 -2 minutes between each exercise and as much as needed during 100 seconds.

How many can you do in 100 Seconds?		
	Jumping Jacks	_____
	Sit- Ups	_____
	Hops	_____
	Toe Touches	_____
	Push- Ups	_____
	Burpees	_____
	Squats	_____

SPELL IT!

SPELL OUT the following words: NAMES, SIGHT WORDS, SPELLING WORDS, PLACES, TV SHOWS, BRAND NAMES, etc.

A	30 SECOND – LOW PLANK (elbows)
B	10 BURPEES
C	15 JUMPING JACKS
D	30 SECONDS – HIGH KNEES
E	30 SECONDS – ARM CIRCLES - BACKWARD
F	15 SQUATS
G	20 MOUNTAIN CLIMBERS
H	10 LUNGES (alternate legs)
I	5 PUSH UPS
J	30 SECOND – HIGH PLANK (frozen push up)
K	10 SQUAT JUMPS
L	20 SIT UPS
M	30 SECONDS – ARM CIRCLES - FORWARD
N	20 SIT UPS
O	30 SECONDS – ARM CIRCLES - BACKWARD
P	20 MOUNTAIN CLIMBERS
Q	30 SECOND – HIGH PLANK (frozen push up)
R	5 PUSH UPS
S	10 LUNGES (alternate legs)
T	30 SECONDS – ARM CIRCLES - FORWARD
U	10 BURPEES
V	10 SQUAT JUMPS
W	30 SECONDS – HIGH KNEES
X	15 JUMPING JACKS
Y	30 SECOND – LOW PLANK (elbows)
Z	15 SQUATS