

# FITNESS CHALLENGE

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5 Push-ups Wall Sits (20 seconds)	2 10 Crunches 10 Leg Raises	3 BASEBALL TASK CARD	4 5 Push-ups Wall Sits (20 seconds)	5 10 Crunches 10 Arm Circles	6 5 Push-ups Wall Sits (20 seconds)
7 12 Crunches 12 Leg Raises	8 8 Push-ups Wall Sits (30 seconds)	9 12 Crunches 12 Arm Circles	10 BASEBALL TASK CARD	11 8 Push-ups Wall Sits (30 seconds)	12 12 Crunches 12 Leg Raises	13 8 Push-ups Wall Sits (30 seconds)
14 15 Crunches 15 Arm Circles	15 12 Push-ups Wall Sits (40 seconds)	16 15 Crunches 15 Leg Raises	17 BASKETBALL TASK CARD	18 12 Push-ups Wall Sits (40 seconds)	19 15 Crunches 15 Arm Circles	20 12 Push-ups Wall Sits (40 seconds)
21 20 Crunches 20 Leg Raises	22 14 Push-ups Wall Sits (50 seconds)	23 20 Crunches 20 Arm Circles	24 BASKETBALL TASK CARD	25 14 Push-ups Wall Sits (50 seconds)	26 20 Crunches 20 Leg Raises	27 14 Push-ups Wall Sits (50 seconds)
28 22 Crunches 25 Arm Circles	29 20 Push-ups Wall Sits (1 minute)	30 25 Crunches 30 Leg Raises				

**April Fitness Challenge** - Keep students active and practicing their baseball skills during the month of April as baseball kicks off! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!

 Refer to the Baseball Task Card on Page 3

 For Leg Raises and Arm Circles, repeat for each side

**Find the visuals & descriptions for each fitness activity below.**

Special thanks to:



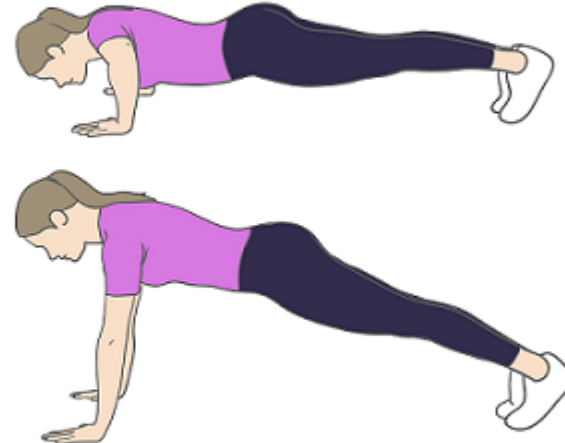
Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

# Crunches



Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off of the ground. The hands can be behind or beside the neck or crossed over the chest.

# Push-Ups



Begin in push-up position, on knees or toes. Perform regular push-ups, abs in and back straight.

Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

# Wall SITS

Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold.

To add intensity, hold weights or squeeze a ball between the knees.



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TASK CARD

## BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner

