

WORKOUT CHALLENGE

GET PLENTY

TWENTY BY TWENTY

(20 REPS OF 20 EXERCISES)

1. Jumping Jacks

2. Air Squats

3. High Knees

4. Push Ups

5. Forward Lunges

6. Squat Jumps

7. Calf Raises

8. Ski Hops

9. Sit Ups

10. Tuck Jumps

11. Skaters

12. Side Lunges

13. Butt Kickers

14. Burpees

15. Leg Lifts

16. Glute Bridges

17. Back Lunges

18. Mountain Climbers

19. Russian Twists

20. Bunny Hops



WORKOUT CHALLENGE

5-4-3-2-1

WORKOUT

5 Minutes:

- 1 min Jumping Jacks
- 1 min High Knees
- 1 min Butt Kickers
- 1 min Bunny Hops
- 1 minute Power Jacks

4 Minutes:

- 1 min Air Squats
- 1 min Wall Sit
- 1 minute Jump Squats
- 1 minute Tuck Jumps

3 Minutes:

- 1 min Push-Ups
- 1 min Tricep Dips
- 1 min Burpees

2 Minutes:

- 1 min Walking Lunges
- 1 min Jumping Lunges

1 Minute:

- 1 min Plank Hold

Each Round: 15 min

Complete: 2-4 Rounds



WORKOUT CHALLENGE

ROLL FOR FITNESS

**Directions: Roll 2 dice and add the numbers together.
The sum of the dice lets you know your exercise.
This can be done with individually or as a game with
your family!**

Roll a 2– 5 push ups

Roll a 3– 15 air squats

Roll a 4– 30 High Knees

Roll a 5– 50 Jumping Jacks

Roll a 6– 10 Burpees

Roll a 7– 20 mountain climbers

Roll a 8– 15 Sit-Ups

Roll a 9– 30 Tuck Jumps

Roll a 10– 20 Jump Squats

Roll a 11– 20 Lunges

Roll a 12– 25 Plank Shoulder Taps



WORKOUT CHALLENGE

THE FINAL COUNTDOWN

100: Jumping Jacks

90: Sit Ups

80: Mountain Climbers

70: Air Squats

60: Calf Raises

50: Glute Bridges

40: Lunges

30: Pushups

20: Jump Squats

10: Burpees

1 MIN: Plank Hold



WORKOUT CHALLENGE

1000 REP CHALLENGE

100 Jumping Jacks

50 Squat Jumps

50 Squats

100 Mountain Climbers

100 High Knees

50 Push-Ups

50 Lunges

100 Dips (use chair or table)

100 Bunny Hops

25 Burpees

50 Lunges

25 Tuck Jumps

100 Butt Kicks

100 Leg Lifts

Finish with Core

100 Bicycle Crunches

50 Russian Twists

1 min Plank

50 Lemon Squeezers

100 Sit Ups



WORKOUT CHALLENGE

COIN TOSS

Complete a 10 minute warm up before you begin: run, jump rope, walk, jump in place ETC.

Flip a Coin



Heads

Jumping Jacks
Calf Raises
Plank Hold
Shoulder Touches
Squat Jumps
Bunny Hops
High Knees
Wall Sit

Tails

Burpees
Crunches
Lunges
Russian Twists
Skater Jumps
Butt Kicks
Leg Lifts
Bicycle Crunches

Flip your coin and then do each exercise for 1 minute and repeat 8-16 times