

SEA GIRT RECREATION PRESENTS:

EPIC

FITNESS CHALLENGE

...for kids

EXERCISES:

JUMPING JACKS

LEAP FROG JUMPS

PUSH-UPS

BEAR CRAWLS

JOIN US FOR A CHALLENGE OF EPIC PROPORTIONS! GROWN-UPS, THIS CHART IS PRINTABLE. SO, KIDS CAN CHECK OFF OR MARK EACH STAR WITH A STICKER AS A DAY IS COMPLETED! AFTER FINISHING YOUR EXERCISES EACH DAY YOU MUST SHOUT: **BOOM, I AM EPIC!!!**

DAYS 1-5
Do Each Exercise
5 Times
Day 6 - Rest!



DAYS 7-11
Do Each Exercise
8 Times
Day 12 - Rest!



DAYS 13-17
Do Each Exercise
10 Times
Day 18 - Rest!



DAYS 19-23
Do Each Exercise
12 Times
Day 24 - Rest!



DAYS 25-29
Do Each Exercise
15 Times



DAY 30: DO EACH EXERCISE 20 TIMES!

PARENT INITIAL: _____