



PUSD Fall into Fitness

INDOOR EDITION



Welcome to the **PUSD Fall into Fitness 2-Week Fitness Challenge!** This is a **Special Olympics Unified event.** Complete **at least 5 squares** each week. When you complete a day, cross it off. During the challenge, **share pictures and/or videos** on the Fall into Fitness Google classroom of you completing the challenge to be **featured at the end of the season awards.** At the end of the challenge, **take a picture of your challenge sheet,** and share it on the Fall into Fitness Google classroom to **earn your certificate and ribbon.** Good luck, and have fun!

You can break up the exercises for the day - it doesn't have to be done all at once! Or if you need an extra challenge, do the exercises TWICE!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	20 ARM CIRCLES 15 SIT UPS 20sec. WALL SIT 20 SECOND PLANK STRETCH	20 LEG SWINGS 15 SIT UPS 15 SQUATS 20 SECOND PLANK STRETCH	60sec. JOG IN PLACE 15 SIT UPS 10 PUSH UPS 20 SECOND PLANK STRETCH	30 ^{min} Unified Zumba	20 ARM CIRCLES 15 SIT UPS 20sec. WALL SIT 20 SECOND PLANK STRETCH	20 LEG SWINGS 15 SIT UPS 15 SQUATS 20 SECOND PLANK STRETCH	60sec. JOG IN PLACE 15 SIT UPS 10 PUSH UPS 20 SECOND PLANK STRETCH
Week 2	20 QUICK PUNCHES 10 MOUNTAIN CLIMBERS 10 FLUTTER KICKS 10 SIDE TO SIDES STRETCH	20 ARM CIRCLES 3 BURPEES 10 FLUTTER KICKS 5 LUNGES STRETCH	60sec. JOG IN PLACE 10 STEP UPS 5 CHAIR DIPS (TRICEP) 5 LUNGES STRETCH	30 ^{min} Unified Zumba	20 QUICK PUNCHES 10 MOUNTAIN CLIMBERS 10 FLUTTER KICKS 10 SIDE TO SIDES STRETCH	20 ARM CIRCLES 3 BURPEES 10 FLUTTER KICKS 5 LUNGES STRETCH	60sec. JOG IN PLACE 10 STEP UPS 5 CHAIR DIPS (TRICEP) 5 LUNGES STRETCH

Name: _____

Grade: _____



**SCHOOLS
PARTNERSHIP
PROGRAM**

School: _____

Teacher: _____