**K-2 Fun Fitness Weekly Challenge**



**Your Goal**: To perform each of the 5 strength exercises each day!

Challenge you family members to do this with you! These exercises use your own body weight to make you stronger. Work hard and have fun!

1. **Toe touches** – Stand tall with both hands over your head. Bend forwards to touch your toes and then stand back up.

2. **Squats** – From a standing position sit back like you are going to sit in a chair. Stand back up.

3. **Push-ups** – You can do these from your knees or against a wall.

4. **Heel raises** – Stand tall then lift up onto your tiptoes and hold, then lower.

5. **Forward facing bridge** – Hold this position while you say the whole alphabet.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |   |  |  |
| **15 toe touches** Cartoon Touch Your Toes Clipart |  |
| **15 squats** Cartoon man and boy kid doing squat Royalty Free Vector |  |
| **10 push-ups**Physical Exercise Cartoon Plank Stretching - Cartoon Doing Push ... |  |
| **15 heel raises** C:\Users\Jason.McQuaid\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9ABADEEC.tmp |  |
| **Forward facing bridge**  |  |

