FITNESS CHALLENGE—WEEKLY TRAINING

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1.	PUSH-UP CHALLENGE	o - DAY ONE o - DAY TWO
		o - DAY THREE o - DAY FOUR
2.	SQUAT CHALLENGE	o - DAY ONE o - DAY TWO
		o - DAY THREE o - DAY FOUR
3.	CRUNCH CHALLENGE	o - DAY ONE o - DAY TWO
		o - DAY THREE o - DAY FOUR
4.	STRETCH KICK CHALLENGE	o - DAY ONE o - DAY TWO
		o - DAY THREE o - DAY FOUR

BONUS TRAINING

TRAIN WITH A PARENT o - I DID IT!

TRAIN WITH A FRIEND OR FAMILY MEMBER o - I DID IT!

UPLOAD A PICTURE OF YOU TRAINING o - I DID IT!

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UPLOAD A VIDEO OF YOU TRAINING o - I DID IT!

A NOTE TO PARENTS

This is perfect time to team up with us to keep your friends, family and loved ones motivated, inspired and healthly. Together we can any adversity. Please sign the sheet below upon your child's completion of this week's AT HOME TRAINING CHALLENGE. Thank you!

Parent Signature Date