



Hunt's Gymnastics Academy

Fitness Challenge



SPELL YOUR NAME!

A - 20 Jumping Jacks	F - 30 second plank	K - 30 sec hollow hold	P - 10 Pike Jumps	U - Crab Walk
B - 10 Sit-ups	G - 10 half turns	L - 30 sec arch rock	Q - Practice all 3 splits	V - 10 levers
C - 10 Push-ups	H - 20 jump lunges	M - 10 Jump full turns	R - 20 jump squats	W - 10 Burpees
D - 10 Tuck Jumps	I - 5 forward rolls	N - 10 Straddle Jumps	S - 1 min wall sit	X - 30 russian twists
E - 10 roll and jumps	J - 10 bridge kicks	O - 20 Shoulder taps	T - 10 split jumps	Y - 10 Leaps
				Z - 10 dips

***Spell your FIRST and LAST name! Do the exercise assigned to each letter!
Turn this in to your coach to get a prize!***

