

# TRAIN AT HOME PHYSICAL CHALLENGE \*\* WEEK 9

Mark off when you complete or record your numbers!	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Took Class					
Did a Private Lesson					
Practiced My Form					
Worked on Technique or Drill Video					
30 Seconds Black Belt Jacks					
30 Seconds Pushups					
30 Seconds Leg Ups					
Run In Place for 2 mins					
Stretch					
20 Lunge Front Kicks Each Leg					
20 - 10 Second Side Kicks Each Leg					
100 Round Kicks Each Leg 200 for Black Belts!					
<b>BONUS!</b>	Build Lego Nunchucks	Help Make Dinner	Play Outside for 30 Minutes	Pick Up All your Toys	Ride your Bike/Scooter for 30 mins.