

TRAIN AT HOME PHYSICAL CHALLENGE ** WEEK 10

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 Burpees					
30 Seconds Plank Shoulder Taps					
30 Seconds Side to Side Twists					
20 Black Belt Jumping Jacks					
Stretch					
1 minute Front Kicks each leg					
1 minute Side Kicks each leg					
1 minute Round Kicks each leg					
BONUS!	Build a Lego Sword	Read a Book for 30 mins	Go on a 30 minute walk/hike	Ask for an extra chore!	Ride your Bike/Scooter for 30 mins.