

TRAIN AT HOME PHYSICAL CHALLENGE ** WEEK 5

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					
Run in Place for 2 minutes					
30 Seconds Military Pushups					
30 Seconds Situps					
30 Seconds Burpees					
Stretch					
Lunge Front Kick to 7 (1 lunge, 1 kick, 2 lunge, 2 kicks..)					
20 Squat Side Kicks (squat right side kick, squat left side kick)					
50 Round Kicks Each Leg (100 for Black Belts!)					
BONUS!	Build a Lego Ninja Star	Clean your Room	Play Outside for 30 minutes	Do an Extra Chore for your Parents	Ride a bike or Scooter for 20 minutes