

# WEEKLY WORKOUTS

## **Week 4: April 27th to May 1<sup>st</sup>**

### **Workout Challenge Week #1 – Fitness 150 Challenge**

*Complete all 150 repetitions every day from Monday to Friday! You do not have to do them all at once, feel free to break it up.*

#### **Normal Level Challenge**

- 60 Sit-ups
- 50 Air Squats
- 40 Pushups

#### **Extreme Level Challenge**

- 150 Sit-ups
- 150 Air Squats
- 150 Pushups

**Fitness Skills Practice:** Other Skills to practice this week ... just in case you haven't had enough fitness fun yet.

- Handstand Walk – How far you can go?
- Alternating Pistol Squats – How many in a row can you get before your foot touches the ground ... or you fall over?