

# WEEKLY WORKOUTS

## **Week 8: May 25<sup>th</sup> to 29<sup>th</sup>**

### **Workout Challenge Week #2 – Fitness 250 Challenge**

*Complete all 250 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** (Total 250 Reps)

- 100 Air Squats
- 50 Sit-ups
- 50 Pushups
- 50 Table Rows

#### **Extreme Level Challenge** (Total 500 Reps)

- 200 Air Squats
- 100 Sit-ups
- 100 Pushups
- 100 Table Rows

**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?
- Double Unders (Skipping) – How many can you do in a row?