

Spring Fling Fitness

1 JUMP ROPE # of Jumps: _____	2 LOW PLANK Duration: _____	3 WALL SIT Duration: _____	4 JUMP ROPE # of Jumps: _____	5 LOW PLANK Duration: _____
6 WALL SIT Duration: _____	7 JUMP ROPE # of Jumps: _____	8 LOW PLANK Duration: _____	9 WALL SIT Duration: _____	10 JUMP ROPE # of Jumps: _____
11 LOW PLANK Duration: _____	12 WALL SIT Duration: _____	13 JUMP ROPE # of Jumps: _____	14 LOW PLANK Duration: _____	15 WALL SIT Duration: _____
16 JUMP ROPE # of Jumps: _____	17 LOW PLANK Duration: _____	18 WALL SIT Duration: _____	19 JUMP ROPE # of Jumps: _____	20 LOW PLANK Duration: _____
21 WALL SIT Duration: _____	22 JUMP ROPE # of Jumps: _____	23 LOW PLANK Duration: _____	24 WALL SIT Duration: _____	25 JUMP ROPE: _____ WALL SIT: _____ LOW PLANK: _____

Total Days Completed: _____