Ziehl’s ~ BE FIT! Cross Fit Challenge

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class ~ Block & Day\_\_\_\_\_\_\_\_\_\_\_

Directions: You are to participate in the WORKOUT of the DAY. You are to complete the workout and record your time and identify the health related fitness components on the chart below. This will be extra credit!

*Week 1*

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| Date | Workout  Ie. Day 2 | Time ~Duration – how long did it take you to complete the workout | Health related Fitness Components (cardio, muscular endurance, strength, flexibility) |
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| Day 1: 10 push-ups, 10 sit-ups, 10 air squats (5 rounds) & run ½ mile | | | |
| Day 2: Run 1/2 mile, 25 (or 50 if you can) air squats (3 rounds)  OR Cardio 1 – complete each exercise for 1 minute & complete 3 Rounds   * March in place * Hot feet * Half squat with punch * Jog in place * Running man * Speed bag * Kick outs with arm circles * Line sprints | | | |
| Day 3: 20 lunges, 10 push-ups (5 rounds) & run ½ mile | | | |
| Day 4: Longer run (or whatever it is that you like to do–biking, swimming, etc), \*Add-on: 1 minute front plank, and 1 minute plank on each side OR Cardio 1 ~ 1 minute per exercise for 4 rounds | | | |
| Day 5: Rest day OR DO YOGA!!!! Be mindful, practice breathing, rest & relaxation. | | | |
| Day 6: 50-100 jumping jacks, 25 air squats, 20 push-ups, for time | | | |
| Day 7: Run 1 mile for time | | | |

* ½ mile run can be substituted for 15 minutes of jump rope.

*Week 2*

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| Date | Workout  Ie. Day 2 | Time ~Duration – how long did it take you to complete the workout | Health related Fitness Components (cardio, muscular endurance, strength, flexibility) |
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| Week 2 | | | |
| Day 8: Cardio 2 – complete each exercise for 1 minute & complete 3 rounds   * Jog in place * Butt kicks * High knees * Alternating knee thrusts * Jumping jacks * Fast feet * Skaters * Skiers * Half squat hops * Cross jacks * Upper cuts in half squat to left for 30 seconds; to the right for 30 seconds * Towel runs to the left for 30 seconds; to the right for 30 seconds * 7 - Burpees | | | |
| Day 9: Run 1 mile (or run in place, or jump rope, or do short sprints or something to get your blood pumping) and do 10 push-ups every 1 minute. | | | |
| Day 10: 20 jumping jacks, 10 sit-ups (5 rounds) & run ¾ mile | | | |
| Day 11: Longer run (or whatever it is that you like to do–biking, swimming, etc) OR Cardio 2 ~ 1 minute per exercise for 4 rounds \*Add-on: 1 minute front plank, and 1 minute plank on each side | | | |
| Day 12: Rest day OR DO YOGA!!!! Be mindful, practice breathing, rest & relaxation. | | | |
| Day 13: 10 push-ups, 10 sit-ups, 10 air squats (5 rounds) & run ½ mile | | | |
| Day 14: 50-100 jumping jacks, 25 air squats and 20 push-ups (2 rounds) for time | | | |

* ½ mile run can be substituted for 15 minutes of jump rope.

*Week 3*

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| Date | Workout  Ie. Day 2 | Time ~Duration – how long did it take you to complete the workout | Health related Fitness Components (cardio, muscular endurance, strength, flexibility) |
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| Week 3 |
| Day 15: 20 lunges, 10 push-ups (5 rounds) & run ½ mile |
| Day 16: Run 1 mile, for time (compare to previous time!), and do 50 jumping jacks |
| Day 17: 10 push-ups, 10 sit-ups, 10 air squats (5 rounds) & run ¾ mile |
| Day 18: Longer run (or whatever it is that you like to do–biking, swimming, etc) OR Cardio 1 – 1 minute per exercise for 4 rounds \*Add-on: 1 minute front plank, and 1 minute plank on each side |
| Day 19: Rest day OR DO YOGA!!!! Be mindful, practice breathing, rest & relaxation. |
| Day 20: 50-100 jumping jacks, 25 air squats, 20 push-ups, for time (compare to previous time!), then jump rope for 3 minutes (or jump in place mimicking a jump-rope motion if you don’t have a jump rope) |
| Day 21: Sprint 200 meters (1/8th mile…or 1/2 way around a track), do 20 push-ups (3 rounds) |

* ½ mile run can be substituted for 15 minutes of jump rope.

*Week 4*

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| Date | Workout  Ie. Day 2 | Time ~Duration – how long did it take you to complete the workout | Health related Fitness Components (cardio, muscular endurance, strength, flexibility) |
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| Week 4 |
| Day 22: 20 jumping jacks, 10 sit-ups (5 rounds) & run ½ mile |
| Day 23: 100 air squats, for time |
| Day 24: 20 lunges, 15 push-ups (5 rounds) \*Scale down reps if needed & run ½ mile |
| Day 25: Longer run (or whatever it is that you like to do–biking, swimming, etc.) OR Cardio 2 ~ 1 minute per exercise for 4 rounds \*Add-on: 1 minute front plank, and 1 minute plank on each side |
| Day 26: Rest day! OR DO YOGA!!!! Be mindful, practice breathing, rest & relaxation. |
| Day 27: 15 push-ups, 15 sit-ups, 15 air squats (5 rounds) \*Note: If you’re still struggling with this, you can do the 10/10/10 reps) & run ½ mile |
| Day 28: Run 1 mile, for time (compare with your other results–have you improved??) and do 100 jumping jacks |
| Day 29: Leap forward (jump as far as you can with both feet) 20 times followed by 50 jumping jacks (3 rounds). |
| Day 30: Today’s workout will sum up what we’ve done and will take a bit longer than other days, so set aside a little bit more time than normal! For today:   * 20 lunges, 15 push-ups (5 rounds)–decrease push-up reps if needed * 10 sit-ups, 10 air squats (5 rounds) — or up the reps to 15 each * 100 jumping jacks * jump rope for 1 minute * 25 sit-ups |
| **Great job!!! You have completed the Cross fit 30 day Challenge!** |