



CONSTANTLY FIT

10-Week Ultimate Family Fitness Transformation Challenge

Do these daily challenges to further your athletic development! Get a shirt at the end to prove you completed the ultimate challenge! You can do this on your own, or do it with Mum, Dad, a brother, sister, anyone who wants to join in!

Each week of the term has its own challenge, see below!

1. **Skipping:** Preps/Grade 1: 5, Beginners: 20, Intermediate: 50, Advanced: 100. (Challenge: Add criss-crosses or double unders!)
2. **Hopping:** Preps/Grade 1: standing on one leg 10sec, Beginners: 5 hops, Intermediates: 20 hops up down on step, Advanced: 30 (Skipping, Speed Ladder or Chalk Ladder)
3. **Push Ups** (knees or toes): Preps/Grade 1: 1-2, Beginners: 5, Intermediate: 10 – 20, Advanced: 30-40.
4. **Sit Ups:** Preps/Grade 1: 2, Beginners: 5, Intermediate: 10, Advanced: 30 (Challenge: Criss-cross or with a ball!)
5. **Yoga:** Hold for the specified number of DEEP breaths: Bow Pose, Tree, Bird Dog Preps/Grade 2: 5, Beginners: 4, Intermediate: 6, Advanced: 8
6. **Plank** (seconds): Preps/Grade 1: 10, Beginners: 20, Intermediate: 60, Advanced: 90 seconds. (Challenge: Try lifting an arm or a leg!)
7. **Squats:** Preps/Grade 1: 5, Beginners: 10, Intermediate: 20, Advanced: 40. (Challenge: Add a jump half-turn or full turn!)
8. **Lunges** (each leg): Preps/Grade 1: 4, Beginners: 8, Intermediate: 15, Advanced: 25. (Challenge: Add a jump!)
9. **Handstand** (Against the wall or hold with Mum and Dad) Preps/Grade 1: bridge with bum held high in the air, Beginners: 5 seconds, Intermediate: 10 seconds, Advanced: 15 seconds.
10. **Dance Week:** Make a happy dance for when you wake up! Send us some videos!

Check Off Each Week As You Go!

1: 2: 3: 4: 5: 6: 7: 8: 9: 10:

Good luck, and if you have any questions or want some bonus challenges, ask one of our friendly coaches!

Weekly Activities: Try and Do Some of These on the Weekend!

Check them off as you go!

- Hike up MT Coot-Tha
- Bike Ride Anywhere
- Swim at Enoggera Dam
- Kangaroo Point Cliff Stairs
- Oct 3rd Community Scavenger Hunt @ Enoggera Dam
- Geocaching x 3 Items
- River Ride
- Park Run
- Mt Coolum Hike
- Mt Ngungun Hike
- Camp in your backyard
- Swim in a backyard pool 20 - 50 laps

Bonus Challenges: Try a few of these!

- Early to bed week! Read a book and go to bed
- Drink hydrate week! Take your bottle everywhere
- Mindfulness meditation 5mins, 10 mins, 30 mins.
- Sugar free week! Try and go without added sugars!