FITNESS CHALLENGE

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3 Push-ups Wall Sits (20 seconds)	2 8 Crunches 5 Arm Circles	3 3 Push-ups Wall Sits (20 seconds)
4 10 Crunches 8 Leg Raises	5 5 Push-ups Wall Sits (30 seconds)	6 10 Crunches 8 Arm Circles	7 BASEBALL TASK CARD	8 5 Push-ups Wall Sits (30 seconds)	9 10 Crunches 8 Leg Raises	10 5 Push-ups Wall Sits (30 seconds)
11 12 Crunches 10 Arm Circles	12 8 Push-ups Wall Sits (40 seconds)	13 12 Crunches 10 Leg Raises	14 BASEBALL TASK CARD	15 8 Push-ups Wall Sits (40 seconds)	16 12 Crunches 10 Arm Circles	17 8 Push-ups Wall Sits (40 seconds)
18 15 Crunches 12 Leg Raises	19 10 Push-ups Wall Sits (50 seconds)	20 15 Crunches 12 Arm Circles	21 BASEBALL TASK CARD	22 10 Push-ups Wall Sits (50 seconds)	23 15 Crunches 12 Leg Raises	24 10 Push-ups Wall Sits (50 seconds)
25 20 Crunches 15 Arm Circles	26 12 Push-ups Wall Sits (1 minute)	27 20 Crunches 15 Leg Raises	28 BASEBALL TASK CARD	29 12 Push-ups Wall Sits (1 minute)	30 20 Crunches 15 Leg Raises	

April Fitness Challenge - Keep students active and practicing their baseball skills during the month of April as baseball season kicks off! Can be adapted for all age levels. Great for at home and in person, and helps encourage kids to stay active all month!

Refer to the Baseball Task Card on Page 3

For Leg Raises and Arm Circles, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:

ALLIANCE FOR A HEALTHIER GENERATION

Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

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Crunches

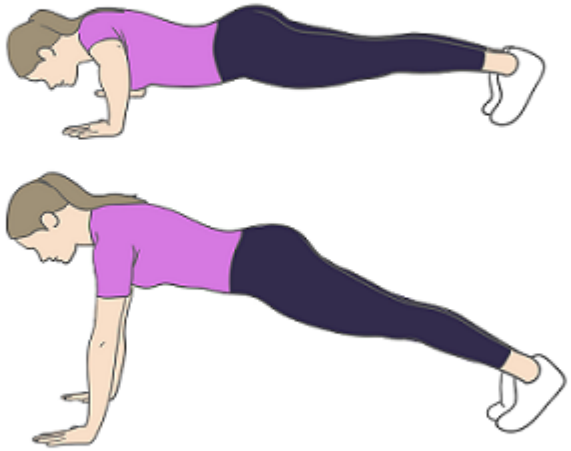


Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off of the ground. The hands can be behind or beside the neck or crossed over the chest.

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Push-Ups



Begin in push-up position, on knees or toes. Perform regular push-ups, abs in and back straight.

Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

Source: Task Cards

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Wall SITS

Stand in front of a wall (about 2 feet in front of it) and lean against it. Slide down until your knees are no less than 90-degree angles and hold.

To add intensity, hold weights or squeeze a ball between the knees.



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TASK CARD

BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner



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Source: Task Cards