

Mr. G's SUPER 5 Challenge

Saturday

				TOTAL
JUMPING JACKS	_____	_____	_____	100/_____
PUSH UPS	_____	_____	_____	100/_____
MOUNTAIN CLIMBERS	_____	_____	_____	100/_____
SIT UPS	_____	_____	_____	100/_____
STAR JUMPS	_____	_____	_____	100/_____
Adult signature _____				500/_____

Sunday

				TOTAL
JUMPING JACKS	_____	_____	_____	100/_____
PUSH UPS	_____	_____	_____	100/_____
MOUNTAIN CLIMBERS	_____	_____	_____	100/_____
SIT UPS	_____	_____	_____	100/_____
STAR JUMPS	_____	_____	_____	100/_____
Adult signature _____				500/_____

Monday

				TOTAL
JUMPING JACKS	_____	_____	_____	100/_____
PUSH UPS	_____	_____	_____	100/_____
MOUNTAIN CLIMBERS	_____	_____	_____	100/_____
SIT UPS	_____	_____	_____	100/_____
STAR JUMPS	_____	_____	_____	100/_____
Adult signature _____				500/_____

Tuesday

	TOTAL
JUMPING JACKS _____	100/_____
PUSH UPS _____	100/_____
MOUNTAIN CLIMBERS _____	100/_____
SIT UPS _____	100/_____
STAR JUMPS _____	100/_____
Adult signature _____	500/_____

Wednesday

	TOTAL
JUMPING JACKS _____	100/_____
PUSH UPS _____	100/_____
MOUNTAIN CLIMBERS _____	100/_____
SIT UPS _____	100/_____
STAR JUMPS _____	100/_____
Adult signature _____	500/_____

Thursday

	TOTAL
JUMPING JACKS _____	100/_____
PUSH UPS _____	100/_____
MOUNTAIN CLIMBERS _____	100/_____
SIT UPS _____	100/_____
STAR JUMPS _____	100/_____
Adult signature _____	500/_____

Friday

	TOTAL
JUMPING JACKS _____	100/_____
PUSH UPS _____	100/_____
MOUNTAIN CLIMBERS _____	100/_____
SIT UPS _____	100/_____
STAR JUMPS _____	100/_____
Adult signature _____	500/_____

Saturday

	TOTAL
JUMPING JACKS _____	100/_____
PUSH UPS _____	100/_____
MOUNTAIN CLIMBERS _____	100/_____
SIT UPS _____	100/_____
STAR JUMPS _____	100/_____
Adult signature _____	500/_____

Sunday

	TOTAL
JUMPING JACKS _____	100/_____
PUSH UPS _____	100/_____
MOUNTAIN CLIMBERS _____	100/_____
SIT UPS _____	100/_____
STAR JUMPS _____	100/_____
Adult signature _____	500/_____

9 Days* 500=4500 to get 5000 we will do it on Monday when we get back.

Goal is to do a small work out each day. Five simple exercises that do not need equipment.

Do it by yourself. Do it with a friend. Do it with a family member. Just Do it.

Do 25 repetition at a time to get a total of 100. Or do it 2 times at 50 repetition to get a total of 100. Do it any way you want to get a total of 100 a day per exercise.

Get it done in the morning. Get it done in the afternoon. Get it done before you go to bed. Just get it done. Do not quit.

This workout is:

YOURS..... no one is going to make you do it. Own it.

Going to make you stronger

Going to make you Confident

Not easy.

Not impossible

A challenge

FUN!!!!

The price if you choose to take it..... A healthier, stronger, fit body.

Have a Adult sign each day..