

1 Minute Fitness Challenges

Instructions: Try each of the challenges for 1 minute. Record your results at the end of each minute.

Station #	Exercise	Challenge	Number
1	Push-Ups	How many push-ups can you do?	_____
2	Stretch	How many muscles can you safely stretch? Hold stretches for 10 seconds each.	_____
3	Sit-Ups	How many sit-ups can you do?	_____
4	Pass and Catch	How many times can you pass and catch a ball with a partner?	_____
5	Jump and Think	How many fruits can you name while jumping rope?	_____
6	Bicep Curls	How many curls can you do with water bottles?	_____
7	Ball Plank	How long can you hold a plank on the exercise ball or on the floor?	_____
8	Balance and Think	Balance on one foot. How many vegetables can you name?	_____
9	Jump Rope Tricks	How many different jump rope tricks can you do?	_____
10	Heart Rate	Take your pulse for the full minute. How many beats did you count?	_____