



# FITNESS CHALLENGE

## April 2024

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



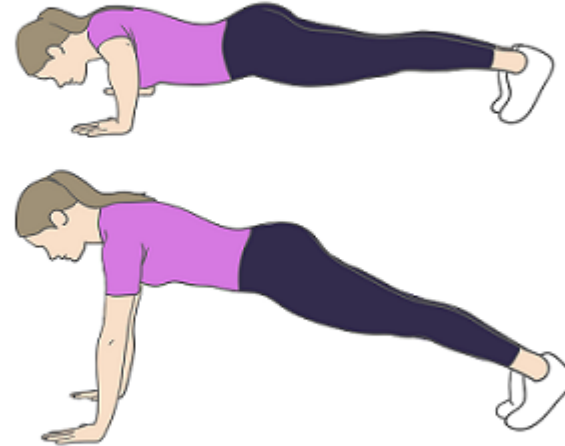
Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

# 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.

# 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.

# 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

