

1 Minute Fitness Challenge

Saint Agnes PE -- 60 Seconds Fitness Challenge

Time for this week's exercise challenge! Challenge yourself to complete as many 1 minute stations as you can. You can do these every day or a couple of times this week to compare your progress. Good luck and have fun!

Station #	Exercise	Challenge		# of how many
1	Push-Ups	How many push-ups can you do?		
2	Stretch	How many muscles can you safely stretch? Hold stretch for 10 seconds each.		
3	Sit-Ups	How many sit-ups can you do?		
4	Clap and Catch	How many times can you clap and catch a ball in the air? You can count how many catches in a row or highest number of claps!		
5	Water	Remember to stay hydrated. Get 1 quick and quiet drink.		

6	Hop and Think	How many fruits can you name while hopping? To make it more challenging, hop on 1 foot.		
7	Exercise Soup Can Curls	How many curls can you do with soup cans?		
8	Planks	How long can you hold a plank? Can you do all 60 seconds?		
9	Balance and Think	Balance on one foot. How many colors can you name?		
10	Jump Tricks	How many different jump tricks can you do?		
11	Heart Rate	Take your pulse for the full minute. Check by holding your wrist. How many beats did you count?		
12	Create Your Own	Make up your own challenge. What exercise challenge did you create?		