

# November Fitness Challenge

Guilford County students who participate in EACH day of the November Fitness Challenge, for a total of 19 fitness days, will be entered into a drawing for SEVERAL American Heart Association Bluetooth earbuds. Activities must be completed each day, during the month of November, as indicated on the calendar below. **All submissions will be due online (link provided by your school's PE teacher) between November 30<sup>th</sup> and December 4<sup>th</sup>.** Please contact your school's Physical Education Teacher with any questions.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<b>Introduction for November Fitness Challenge</b>						
8 <b>Upper Body</b> 30 seconds each: Arm Circles Air Punches Mountain Climbers	9 <b>Lower Body</b> 5 repetitions each: Squats Lunges – each side Calf Raises	10 <b>Rest</b> 	11 <b>Core</b> 5 repetitions each: Crunches Bicycle Kicks Standing Twists	12 <b>Cardio</b> 3 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	13 <b>Upper Body</b> 30 seconds each Arm Circles Air Punches Mountain Climbers	14 <b>Lower Body</b> 10 repetitions each: Squats Lunges - each side Calf Raises
15 <b>Core</b> 10 repetitions each: Crunches Bicycle Kicks Standing Twists	16 <b>Rest</b>	17 <b>Cardio</b> 4 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	18 <b>Upper Body</b> 30 seconds each: Arm Circles Air Punches Mountain Climbers	19 <b>Lower Body</b> 20 repetitions each: Squats Lunges - each side Calf Raises	20 <b>Core</b> 15 repetitions each: Crunches Bicycle Kicks Standing Twists	21 <b>Rest</b> 
22 <b>Cardio</b> 5 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	23 <b>Upper Body</b> 40 seconds each: Arm Circles Air Punches Mountain Climbers	24 <b>Lower Body</b> 20 repetitions each: Squats Lunges - each side Calf Raises	25 <b>Core</b> 20 repetitions each: Crunches Bicycle Kicks Standing Twists	26 <b>Rest</b>	27 <b>Cardio</b> 6 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	28 <b>Upper Body</b> 40 seconds each: Arm Circles Air Punches Mountain Climbers
29 <b>Lower Body</b> 25 repetitions each: Squats Lunges - each side Calf Raises	30 <b>Core</b> 25 repetitions each: Crunches Bicycle Kicks Standing Twists 				Resource Timers: <a href="#">3-minute timer</a> <a href="#">5-minute timer</a> <a href="#">6-minute timer</a>	Resource Timers: <a href="#">30 second timer</a> <a href="#">40 second timer</a>

Guilford County Schools encourages families to participate in daily challenges together!



American Heart Association.