

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 30th and December 4th.** 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
Introduction for November Fitness Challenge						
8 Upper Body 30 seconds each: Arm Circles Air Punches Mountain Climbers	9 Lower Body 5 repetitions each: Squats Lunges – each side Calf Raises	10 Rest 	11 Core 5 repetitions each: Crunches Bicycle Kicks Standing Twists	12 Cardio 3 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	13 Upper Body 30 seconds each Arm Circles Air Punches Mountain Climbers	14 Lower Body 10 repetitions each: Squats Lunges - each side Calf Raises
15 Core 10 repetitions each: Crunches Bicycle Kicks Standing Twists	16 Rest	17 Cardio 4 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	18 Upper Body 30 seconds each: Arm Circles Air Punches Mountain Climbers	19 Lower Body 20 repetitions each: Squats Lunges - each side Calf Raises	20 Core 15 repetitions each: Crunches Bicycle Kicks Standing Twists	21 Rest 
22 Cardio 5 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	23 Upper Body 40 seconds each: Arm Circles Air Punches Mountain Climbers	24 Lower Body 20 repetitions each: Squats Lunges - each side Calf Raises	25 Core 20 repetitions each: Crunches Bicycle Kicks Standing Twists	26 Rest	27 Cardio 6 min (mix & match): Jog in Place Jumping Jacks Jump Rope Side Jumps	28 Upper Body 40 seconds each: Arm Circles Air Punches Mountain Climbers
29 Lower Body 25 repetitions each: Squats Lunges - each side Calf Raises	30 Core 25 repetitions each: Crunches Bicycle Kicks Standing Twists 				Resource Timers: 3-minute timer 5-minute timer 6-minute timer	Resource Timers: 30 second timer 40 second timer

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



American Heart Association.