



BEFORE BREAKFAST CARDIO CHALLENGE

Directions: Complete the set number of Jumping Jacks or Seal Jacks each day.

DAY 1 10 Jumping Jacks	DAY 2 20 Jumping Jacks	DAY 3 30 Jumping Jacks	DAY 4 40 Jumping Jacks	DAY 5 50 Jumping Jacks	DAY 6 Rest
DAY 7 10 Seal Jacks	DAY 8 20 Seal Jacks	DAY 9 30 Seal Jacks	DAY 10 40 Seal Jacks	DAY 11 50 Seal Jacks	DAY 12 Rest
DAY 13 10 Jumping Jacks	DAY 14 20 Jumping Jacks	DAY 15 30 Jumping Jacks	DAY 16 40 Jumping Jacks	DAY 17 50 Jumping Jacks	DAY 18 Rest
DAY 19 10 Seal Jacks	DAY 20 20 Seal Jacks	DAY 21 30 Seal Jacks	DAY 22 40 Seal Jacks	DAY 23 50 Seal Jacks	DAY 24 Rest
DAY 25 10 Jumping Jacks	DAY 26 20 Jumping Jacks	DAY 27 30 Jumping Jacks	DAY 28 40 Jumping Jacks	DAY 29 50 Jumping Jacks	DAY 30 Rest
DAY 31 25 Jumping Jacks + 25 Seal Jacks					

Show off your awesome moves, record yourself, and share on social media. Don't forget to tag Fit Kids for a chance to win cool Fit Kids goodies!



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