**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_**

**30 Second Indoor Challenge**

How many of each activity can you do in 30 seconds? Record it on the form.

1# Push-ups  #\_\_\_\_\_\_\_\_\_\_\_\_\_

2# Jumping Jacks #\_\_\_\_\_\_\_\_\_\_\_\_\_

3# Squats  #\_\_\_\_\_\_\_\_\_\_\_\_\_

4# High Knee Jumps  #\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5# Plank  30 seconds Yes\_\_\_ No \_\_\_

6# Stationary Running 30 seconds Yes\_\_\_ No \_\_\_

7# Lunges  #\_\_\_\_\_\_\_\_\_\_\_\_\_

8# Air Boxing  30 seconds Yes\_\_\_ No \_\_\_

9# Burpees  #\_\_\_\_\_\_\_\_\_\_\_\_\_

10# Sit-ups  #\_\_\_\_\_\_\_\_\_\_\_\_\_