

CareFlight

TERRITORY CHALLENGE

KIDS FITNESS PROGRAM

1 MON <p>2 ROUNDS</p> <p>2 Push Ups Off Knees/5 Squats/10 Side Twist/15 sec plank hold</p>	2 TUES <p>HAVE YOU JOINED THE CAREFLIGHT TERRITORY CHALLENGE FACEBOOK GROUP?</p> <p>Bike ride with parent</p>	3 WED <p>3 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 glute bridge/2 push ups (knees)</p>	4 THUR <p></p> <p>6x Ankle Taps/ Flutter Kicks/ Bicycle crunch</p>	5 FRI <p>REST DAY</p> <p>10 mins stretching</p>
6 SAT <p></p> <p>10m swim or 1 minute high knees</p>	7 SUN <p>2x 10 push ups off knees (2min rest)</p>	8 MON <p>Carry object next to parent</p> <p>SHARE YOUR OBJECT CARRY IN THE FACEBOOK GROUP!</p>	9 TUES <p>1 ROUND EMOM (every minute on the minute)</p> <p>Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: Plank Hold</p>	10 WED <p>Active Helper Day - Do 3 Chores</p>
11 THUR <p>10x step down/ step up burpees</p>	12 FRI <p>5 MINS 30 sec walk/30 sec Jog</p>	13 SAT <p>2x 10 Heel Taps/10 Push Ups off knees/10 Air Thrusters</p>	14 SUN <p></p> <p>25m swim or 90 sec high knees</p>	15 MON <p>HALF WAY THERE!</p> <p>3 ROUNDS X TABATA TABATA (20sec work, 10sec rest): Bear Crawl/ Crab Walk/Toe Taps</p>
16 TUES <p>YOU'RE HELPING CAREFLIGHT NT CARE FOR 20 PEOPLE A DAY</p> <p>10 Minutes of Stretching</p>	17 WED <p>2-3-4-3-2 Candle Stick/ Atomic Sit Up/ Hollow Rock</p>	18 THUR <p>School Backpack Carry - Next to Parent</p>	19 FRI <p>3min Up ladder Push up off knees/ squat/step up, step down burpee</p>	20 SAT <p>33m swim or 2 minute run</p>
21 SUN <p>Rest time = avoid screen time</p>	22 MON <p></p> <p>MAX Straight Arm Plank Hold</p>	23 TUES <p>DON'T FORGET TO SHARE YOUR PROGRESS!</p> <p>3 min run + 10 sit ups</p>	24 WED <p>3 MIN AMRAP as many rounds as possible</p> <p>6 reach ground to over head/5 jumping squats/4 shoulder taps</p>	25 THUR <p>School Backpack Carry - Next to Parent</p>
26 FRI <p>Rest Day - 10mins Stretching</p>	27 SAT <p>Carry object next to parent</p>	28 SUN <p>2X ROUNDS EMOM (every minute on the minute)</p> <p>Min 1: MAX Step Up Mountain Climber/Min 2: MAX Tricep Dips/Min 3: MAX Superman/Min 4: MAX Inch Worm</p>	29 MON <p>50m swim or 3 minute run</p>	30 TUES <p>LAST DAY!</p> <p>2 ROUNDS</p> <p>2 Push Ups Off Knees/5 Squats/10 Side Twist/15 sec plank hold</p>



Program created by CrossFit Darwin
Visit www.crossfitdarwin.com to find out more.
www.careflightchallenge.org