

# CITC ACTIVITY PACK

## DAILY FITNESS CHALLENGE



**CITY IN THE  
COMMUNITY**

### Be Active



#### EQUIPMENT:

Timer/ watch

#### WARM UP:

Complete this warm up before the activity to help loosen your body and prepare it for exercise.

- 20 star jumps
- 20 high knees
- 20 squat jumps
- 20 jump & twists
- 20 second sprint on the spot

#### ACTIVITY:

In 30 seconds how many reps can you do of the following movements:

Invisible Rope Jump; feet shoulder width apart, hop on balls of feet, move arms in jump rope motion (as if you are skipping)

High Knee Taps; arms bent at 90 degrees, start doing high knees lifting one knee at a time until your knee hits your hand

Frog Jump; adopt a push-up position, hop feet to outside of hands, keeping your back flat and hop your feet back into a push-up position



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### DAILY SCORE CARD

Challenge yourself everyday to complete the activities, keep score on the score card below

Activity	Mon	Tues	Wed	Thurs	Fri
Invisible Rope Jump					
High Knee Taps					
Frog Jumps					

### ADAPTATIONS:

Do the invisible jump with one leg for a harder challenge

Try to do all activities together in a relay race

Send it to a friend and challenge them to beat your reps

Let us know how you get on with this challenge @citctweets