

FLIGHT CLUB Fitness Challenge

Spell your name, day of the week, favorite tumbling skill or do all 26!

**Adjust time and #'s as needed. Have fun and keep on moving!*

A: Right Leg Split: 1 minute

B: 10 Bridge High 5's

C: Alligator Crawls

D: 20 Sec. Push Up Hold

E: Bear Crawls

F: 15 Push Ups

G: 30 Second Plank

H: Lunge Walks

I: 25 Jumping Jacks

J: Middle Split: 1 minute

K: 10 Clapping Push-Ups

L: Crab Walk Forward

M: 30 Lemon Squeezers

N: 25 Squat Jacks

O: Flip Flop Hold

P: 10 Tuck Jumps

Q: Pike Stretch

R: Crab Walk Backwards

S: 50 Jump Ropes

T: Left Leg Split: 1 minute

U: 20 Calf Raises

V: 25 Toe Jumps

W: 10 V-ups

X: Butterfly Stretch

Y: 5 Cartwheels

Z: Run in Place: 1 minute