



commit to be fit

Student Wellness Activities

OUTDOOR CIRCUIT CHALLENGE

DIRECTIONS

- Make a square in the yard with cones, sticks, rocks etc.
- Run around the square once and then do the following exercises: 1 squat, 1 push up, and 1 sit up.
- Run around the square again and then do 2 squats, 2 push ups, and 2 sit ups.
- Repeat adding 1 extra rep of squats, push ups, and sit ups each time.
- Keep track of how many rounds you complete. Can you do as many as 10 rounds?



Be sure to mark your scorecard by coloring in one rung on the ladder.