



COACH UNICORN'S 30 DAY KIDS WORKOUT CHALLENGE

AGES 4-6

CHALLENGES	1	2	3	4	5	6	7
Pick a challenge and complete it for 1-5 min. Then check off the box.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#1 - Write your name leg lifts	8	9	10	11	12	13	14
#2 - Jumping _____ (your name instead of "jacks")	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#3 - Burpee Monkey Babies	15	16	17	18	19	20	21
#4 - Zombie Toe Touches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#5 - Hot Seats (wall sits)	22	23	24	25	26	27	28
#6 - Super Heroes (supermans)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#7 - Dance Party	29	30	Bonus Challenge: Act out your favorite action movie scenes - Ninja, Star Wars, Marvel, etc.! Always Find Ways to Move: Run. Sprint. Sports. Bike. Walk your Pets. Build your own obstacle course.				
#8 - Power Pushups	<input type="checkbox"/>	<input type="checkbox"/>					

Visit <https://fergusonfitness.com> for more information on our Kids Fitness programs!

Send a picture of your completed chart to anthony.fergusonfitness@gmail.com and we will send you a certificate and free kids workout pass!



COACH UNICORN'S 30 DAY KIDS WORKOUT CHALLENGE

AGES 7-9

CHALLENGES	1	2	3	4	5	6	7
Pick a challenge and complete it for 5-10 min. Then check off the box.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#1 - 5 Pushups / 10 Situps / 15 Squats / Repeat	8	9	10	11	12	13	14
#2 - Hold plank 30 sec / Rest 30 sec / Repeat 3-5x	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#3 - Burpee Monkey Babies - Complete your age in burpees at the top of each minute for 5 min	15	16	17	18	19	20	21
#4 - Hot Seat - Hold a wall sit as long as you can 3x + Do 30 toe raises on a step or ledge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#5 - Safari - Bear Crawl / Gorilla Crawl / Frog Jump through your yard or house for 10 min	22	23	24	25	26	27	28
#6 - Superman - Banana - alternate for 5-10 min	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#7 - Dance Party	29	30	Bonus Challenge: Act out your favorite action movie scenes - Ninja, Star Wars, Marvel, etc.! Always Find Ways to Move: Run. Sprint. Sports. Bike. Walk your Pets. Build your own obstacle course.				
#8 - Track Meet: set up an area in the yard and do sprints, broad jumps and work to beat your time or distance.	<input type="checkbox"/>	<input type="checkbox"/>					

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COACH UNICORN'S 30 DAY KIDS WORKOUT CHALLENGE

AGES 10-12

CHALLENGES	1	2	3	4	5	6	7
Pick a challenge and complete it for 5-10 min. Then check off the box.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#1 - How many pushups can you complete in a day? Do sets of 5-10 throughout the day and total them up.	8	9	10	11	12	13	14
#2 - V-Ups / Sit-Ups 3 sets - 30 sec work / 30 sec rest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#3 - Burpee Monkey Babies - See how many burpees you can do in 5 min. Bonus - try 10 min!	15	16	17	18	19	20	21
#4 - Hot Seat - Hold a wall sit as long as you can 3x + Do 30 toe raises on a step or ledge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#5 - Safari - Bear Crawl / Gorilla Crawl / Frog Jump through your yard or house for 10 min	22	23	24	25	26	27	28
#6 - Pull-ups (if you have a bar) - 1-5 reps at a time. Total throughout the day. Get a parent to spot you if needed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
#7 - Crazy Town Dance Party	29	30	Bonus Challenge: Act out your favorite action movie scenes - Ninja, Star Wars, Marvel, etc.! Always Find Ways to Move: Run. Sprint. Sports. Bike. Walk your Pets. Build your own obstacle course.				
#8 - Sports break - practice skills for your favorite sport for 10 min or jump rope.	<input type="checkbox"/>	<input type="checkbox"/>					

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