




# Winter Warrior Workout

NAME: \_\_\_\_\_

TEACHER: \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Winter is cold but Winter Warriors workout no matter how chilly the weather. Remember to get cool bucks this month you must complete the full challenge each day. Do your best to survive the cold and prove that you are the Ultimate Winter Warrior</p>						<p><b>1 (STRENGTH DAY)</b> 10 Squats 10 Burpies 10 Jumping Jacks 10 Lunges</p>
<p><b>2 (AGILITY DAY)</b> Jump Rope for 5 minutes. Stop the clock whenever you need a break.</p>	<p><b>3 (CORE DAY)</b> Hold a 30 second plank 3 times today.</p>	<p><b>4 (BALANCE DAY)</b> Stand on One Foot for 30 Seconds then Jump and Switch Feet. Repeat 5 Times</p>	<p><b>5 (SPEED DAY)</b> Sprint 25 Yards as Fast as You Can. Repeat 3 Times.</p>	<p><b>6 (DIET DAY)</b> Eat 5 Servings of the Fruit or Vegetable of your Choice.</p>	<p><b>7 (FLEXIBILITY DAY)</b> Pick 3 Upper Body and 3 Lower Body Stretches and Hold Them for 20 Seconds</p>	<p><b>8 (BRAIN DAY)</b> Locate the continent your class is studying on a map.</p>
<p><b>9 (REST DAY)</b> Look up 3 rules for your favorite sport and attach them to this sheet.</p>	<p><b>10 (STRENGTH DAY)</b> 10 Push Ups 10 Sit Ups 10 Jump Squats 10 Cross Jacks</p>	<p><b>11 (AGILITY DAY)</b> Jump Rope for 8 Minutes. Stop the Clock Whenever You Need a Break.</p>	<p><b>12 (CORE DAY)</b> Hold a 45 Second Plank 3 Times Today.</p>	<p><b>13 (BALANCE DAY)</b> Stand on One Foot for 45 Seconds then Jump and Switch Feet. Repeat 5 Times</p>	<p><b>14 (SPEED DAY)</b> Sprint 30 Yards as Fast as You Can. Repeat 3 Times.</p>	<p><b>15 (DIET DAY)</b> Drink 8 Glasses of Water Today</p>
<p><b>16 (FLEXIBILITY DAY)</b> Pick Any 4 Stretches and Name the Muscle You are Stretching. Hold the Stretch for 20 Seconds</p>	<p><b>17 (BRAIN DAY)</b> Write About or Draw What You Think it Means to be Squirrel Strong. Attach it to this sheet.</p>	<p><b>18 (REST DAY)</b> Play a board or card game with a family member. Who Won? _____</p>	<p><b>19 (STRENGTH DAY)</b> 10 Burpies 10 Push Ups 10 Jump Squats 10 Cross Jacks</p>	<p><b>20 (AGILITY DAY)</b> Jump Rope for 10 minutes. Stop the clock whenever you need a break.</p>	<p><b>21 (CORE DAY)</b> Hold a 1 minute plank 3 times today.</p>	<p><b>22 (BALANCE DAY)</b> Stand on One Foot for 60 Seconds then Jump and Switch Feet. Repeat 5 times</p>
<p><b>23 (SPEED DAY)</b> Sprint 40 Yards as Fast as You Can. Repeat 3 times.</p>	<p><b>24 (DIET DAY)</b> Write Down How Many Grams of Sugar Your Afternoon Snack Had _____</p>	<p><b>25 (REST DAY)</b> Help your parents by doing the dishes or clearing the table after a meal. _____</p>	<p><b>26 (FLEXIBILITY DAY)</b> Stretch the Following Muscles: Triceps, Gastrocnemius, Hamstrings, Quadriceps and Deltoids</p>	<p><b>27 (BRAIN DAY)</b> Create your own PE game and attach the rules to this paper.</p>	<p><b>28 (CHOICE DAY)</b> Choose your favorite day from this month and repeat the activity again today.</p>	<p><b>29 (BONUS DAY)</b> Happy Leap Day! Celebrate by Leaping as far as you can 10 times in a row.</p>
<p><b>WINTER WARRIOR HOMEWORK IS DUE 3/2/20</b></p>	<p><b>23 - 24 DAYS = COOL</b></p> <p> Earn 5 Cool Bucks</p>		<p><b>25 - 26 DAYS = COOLER</b></p> <p> Earn 10 Cool Bucks</p>		<p><b>27 - 29 DAYS = COOLEST</b></p> <p> Earn 15 Cool Bucks</p>	

TOTAL NUMBER OF DAYS: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

# Winter Warrior

## WORKOUT GUIDE

**DIRECTIONS: COMPLETE THE WORKOUT LISTED IN EACH BOX OF THE CALENDAR FOR FEBRUARY. KEEP TRACK OF THE DAYS YOU SUCCESSFULLY COMPLETE BY COLORING IN THE BOX. THE MORE DAYS YOU DO, THE MORE BONUS “COOL BUCKS” YOU WILL EARN. AT THE END OF THE MONTH, ADD UP YOUR TOTAL NUMBER OF DAYS COMPLETED, HAVE YOUR PARENTS SIGN THE BOTTOM OF THE SHEET AND RETURN TO MR WILL FOR YOUR PRIZE. SHOW THE WORLD THAT YOU ARE TOUGHER THAN THE COLD WEATHER AND BECOME THE ULTIMATE WINTER WARRIOR**

(NOTE: IF THE DOG EATS YOUR HOMEWORK YOU CAN FIND THE HOMEWORK ONLINE: [WWW.MRWILLPE.COM](http://WWW.MRWILLPE.COM))

**DON'T FORGET YOUR HOMEWORK IS DUE MARCH 2, 2020.**

**REMEMBER: TO GET FULL CREDIT FOR THE DAY YOU MUST COMPLETE THE TASK IN THE BOX.  
GOOD LUCK!**