



MAY - WEEK 1

Receive 1 Dragon Dollar and 1 Draw entry for every 3 rounds you do.

CHALLENGE 1 - SPEED ROUND

Set up: Put 2 markers (could be a pylon, pillow anything really) about 8 fet apart.

Goal: See how many 'laps' you can get in one minute.

Time: 1 minute

Go: Tag one marker and race back and forth counting each time you tag a marker.

Score: Round 1 Round 2 Round 3

CHALLENGE 2 - CARDIO ROUND

Set up: Put 2 markers (could be a pylon, pillow anything really) about 8 fet apart.

Goal: See how many sets you can score

Time: 1 minute

Go: Start in the middle of the 2 markers.

Drop down and touch your chest to the ground

Pop up and do 4 jumping jacks

Race to one marker - tag it and back to the middle

Drop down touch your chest

Pop up and do 4 jumping jacks

Race to the second marker - tag it and back to the middle

Repeat

Score: Round 1 Round 2 Round 3

CHALLENGE 3 - FAMILY FUN

Set up: Put 2 markers (could be a pylon, pillow anything really) about 8 fet apart. These are your boundaries.

Goal: See how wel you can read your partners action.

Time: 1 minute

Go: Face your partner - one persosn is the leader - the other is the follower.

Leader must move back and forth - switching directions often, with the follower trying to mirror their movements. Leaders must stay within the boundaries AND must kep their eyes up and on their partner.

There is no score to this challenge, just a great workout and some family fun.

Extra challenge - Hve the leader add in some jumping jacks, burpees and other exercises to give you both more of a challenge.