



# DONE IN 60 SECONDS FAMILY CHALLENGE

In 60 seconds, how many repetitions can you complete of the following exercise with good form? Post this sheet in your home and try to improve your repetitions each month.

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

	DATE				
	_/_/_	_/_/_	_/_/_	_/_/_	_/_/_
PUSH-UPS					
SIT-UPS					
BURPEES					
SQUATS					