

HyVee

KIDSFIT 20 DAY CORE CHALLENGE

NAME: _____

TOTAL DAYS COMPLETED: _____

For exercise instructions, visit our KidsFit blog post here:



Build a stronger core with daily challenges.

Complete at least 10 days.

Return to your Hy-Vee Customer Service for your prize!

1. 25 reps each	2. 30 reps each	3. Tabata Together Scan for challenge video	4. 35 reps each	5. 40 reps each
6. 45 reps each	7. 50 reps each	8. Veggin' Out Smoothie Scan for recipe	9. 55 reps each	10. 60 reps each
11. 65 reps each	12. 70 reps each	13. Partner Power Scan for challenge video	14. 75 reps each	15. 80 reps each
16. 85 reps each	17. 90 reps each	18. Banana Pancakes Scan for recipe	19. 95 reps each	20. 100 reps each

KEY:



SUPERMANS



PLANK SHOULDER TAPS



SEATED TWISTS

Check off the day upon completion. See the blog post on www.Hy-VeeKidsFit.com for more ways to modify the challenge.