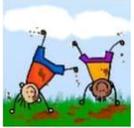




30 Day Fitness Challenge

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<p>Do 10 star jumps.</p> <p>Day 1 </p>	<p>Hop around like a frog for 20 seconds.</p> <p>Day 2 </p>	<p>Touch your toes 10 times.</p> <p>Day 3 </p>	<p>Balance a ball on your head.</p> <p>Day 4 </p>	<p>Spin in a circle for 10 seconds.</p> <p>Day 5 </p>
<p>Walk like a crab for 1 minute.</p> <p>Day 6 </p>	<p>Stretch as high as you can.</p> <p>Day 7 </p>	<p>Choose a song and create your own dance routine for the song! Perform it in front of your family.</p> <p>Day 8 </p>	<p>Pick up a ball from the floor without using your hands.</p> <p>Day 9 </p>	<p>Take 10 giant steps.</p> <p>Day 10 </p>
<p>Balance on one leg for 30 seconds.</p> <p>Day 11 </p>	<p>Do 6 cartwheels.</p> <p>Day 12 </p>	<p>Lay on your back and paddle your legs like you are on a bike.</p> <p>Day 13 </p>	<p>Skip the rope for 1 minute.</p> <p>Day 14 </p>	<p>Make your own hopscotch. Play it for 1 minute.</p> <p>Day 15 </p>
<p>Stretch like a cat. Do it 5 times.</p> <p>Day 16 </p>	<p>Do an egg and spoon race with your sibling.</p> <p>Day 17 </p>	<p>Dance like a chicken for 1 minute.</p> <p>Day 18 </p>	<p>Walk backwards 10 steps and then skip back.</p> <p>Day 19 </p>	<p>Do 10 squats in 30 seconds.</p> <p>Day 20 </p>
<p>Wiggle like a worm for 20 seconds.</p> <p>Day 21 </p>	<p>Do Yoga for 10 minutes. You can find videos on YouTube.</p> <p>Day 22 </p>	<p>Tiptoe for 25 seconds.</p> <p>Day 23 </p>	<p>Throw a ball in the air and catch it. Repeat 10 times.</p> <p>Day 24 </p>	<p>Shake your arms and clap your hands. Do this 5 times.</p> <p>Day 25 </p>
<p>Create your own obstacle course and time yourself doing it!</p> <p>Day 26 </p>	<p>Do gorilla shuffle for 15 seconds.</p> <p>Day 27 </p>	<p>Lay on the floor. Lift your arms and legs above the floor for 10 seconds.</p> <p>Day 28</p>	<p>Balance a book on your head for 15 seconds.</p> <p>Day 29 </p>	<p>Do 10 sit ups in one minute.</p> <p>Day 30 </p>