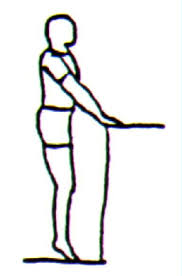
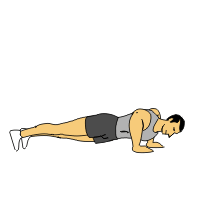
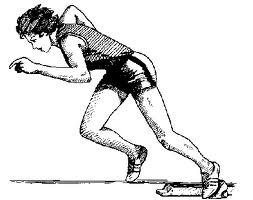
** Fit Falcon Challenge**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 1st Qtr | 2nd Qtr | 3rd Qtr | 4th Qtr | Extra |
| **1. Push-Ups** |  |  |  |  |  |
| **2. Squats** |  |  |  |  |  |
| **3. Alternating Lunges** |  |  |  |  |  |
| **4. Burpees** |  |  |  |  |  |
| **5. Calf Raises** |  |  |  |  |  |
| **6. Mountain Climbers** |  |  |  |  |  |
| **7. Full Curl-Ups** |  |  |  |  |  |
| **8. Jump Rope** |  |  |  |  |  |
| **9. Shuttle Run** |  |  |  |  |  |
| **10. Wall Sit**  (2:00 Maximum) |  |  |  |  |  |
| **11. Plank**  (5:00 Maximum) |  |  |  |  |  |

****Count and record how many times or how long you can perform each exercise in 40/50 seconds. You must use correct form!