

JANUARY PERSEVERANCE FITNESS CHALLENGE

Register by January 1st to qualify!

How to register:

- Email skaneshiro@westwindkarate.com that you have accepted the challenge

Rules:

- 1 point for each movement
- 1 point for every 10 seconds of holds (*Wall sits, Planks, Squat holds & Side planks*)
- Each round should be done in order as listed
*For example: You can not do all sets of wall sits together.
They must be broken up by the other exercises.*
- 10 points for every minute of practice (*Up to 100 points a day*)
- 100 points for every class (*Up to 100 points a day*)
- Can not exceed the daily workout requirements (*for points*)
- Under the age of 16, parents must sign off the daily exercises

- **Weekly** after your Saturday workouts email your total scores
(A photo of your score sheet would work great)


Bonus Points:

- Have a friend or family member enroll in the month of January in both karate & the fit challenge and you will earn an additional 500 points
- If you win they also win a perseverance tee!

Whoever accumulates the most points will win:

- PERSEVERANCE tee shirt (*or star up!*)
- Weapons bag

PER
SEV
ERA
NCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Points Totals:
 PERSEVERANCE FITNESS CHALLENGE							
			Name: _____ School: _____ Age: _____		Total Points: ___/10,755 ___/11,255 (Bonus)		
January 1 <input type="checkbox"/> Practice (10m)	January 2 3 Rounds: ___ 20 High Knees ___ 30 Sec Wall Sit ___ 10 Push ups ___ 30 Sec Wall Sit <input type="checkbox"/> Practice (10m) Each round: 36 / Total daily: 108	January 3 3 Rounds: ___ 40 High Knees ___ 30 Sec Wall Sit ___ 10 Push ups ___ 30 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 56 / Total daily: 168	January 4 3 Rounds: ___ 60 High Knees ___ 40 Sec Wall Sit ___ 20 Push ups ___ 40 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 88 / Total daily: 264	January 5 3 Rounds: ___ 80 High Knees ___ 50 Sec Wall Sit ___ 20 Push ups ___ 50 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 110 / Total daily: 330	January 6 3 Rounds: ___ 100 High Knees ___ 60 Sec Wall Sit ___ 30 Push ups ___ 60 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 142 / Total daily: 426	January 7 3 Rounds: ___ 120 High Knees ___ 60 Sec Wall Sit ___ 30 Push ups ___ 60 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 162 / Total daily: 486	___/108 Monday ___/168 Tuesday ___/264 Wednesday ___/330 Thursday ___/426 Friday ___/486 Saturday ___/700 Practice ___/500 Class Total: ___/2982
January 8 <input type="checkbox"/> Practice (10m)	January 9 3 Rounds: ___ 10 Squat Jumps ___ 20 Sec Plank ___ 15 Leg lift ___ 20 Sec Plank <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 29 / Total daily: 87	January 10 3 Rounds: ___ 10 Squat Jumps ___ 20 Sec Plank ___ 20 Leg lift ___ 20 Sec Plank <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 34 / Total daily: 102	January 11 3 Rounds: ___ 20 Squat Jumps ___ 40 Sec Plank ___ 25 Leg lift ___ 40 Sec Plank <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 53 / Total daily: 159	January 12 3 Rounds: ___ 20 Squat Jumps ___ 40 Sec Plank ___ 30 Leg lift ___ 40 Sec Plank <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 58 / Total daily: 174	January 13 3 Rounds: ___ 40 Squat Jumps ___ 60 Sec Plank ___ 35 Leg lift ___ 60 Sec Plank <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 87 / Total daily: 261	January 14 3 Rounds: ___ 40 Squat Jumps ___ 60 Sec Plank ___ 40 Leg lift ___ 60 Sec Plank <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 92 / Total daily: 276	___/87 Monday ___/102 Tuesday ___/159 Wednesday ___/174 Thursday ___/261 Friday ___/276 Saturday ___/700 Practice ___/600 Class Total: ___/2359
January 15 <input type="checkbox"/> Practice (10m)	January 16 3 Rounds: ___ 20 Mt. Climbers ___ 20 Sec Squat (<i>hold</i>) ___ 15 Push ups ___ 20 Sec Squat (<i>hold</i>) <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 39 / Total daily: 117	January 17 3 Rounds: ___ 40 Mt. Climbers ___ 20 Sec Squat (<i>hold</i>) ___ 15 Push ups ___ 20 Sec Squat (<i>hold</i>) <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 59 / Total daily: 177	January 18 3 Rounds: ___ 60 Mt. Climbers ___ 40 Sec Squat (<i>hold</i>) ___ 25 Push ups ___ 40 Sec Squat (<i>hold</i>) <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 89 / Total daily: 267	January 19 3 Rounds: ___ 80 Mt. Climbers ___ 40 Sec Squat (<i>hold</i>) ___ 25 Push ups ___ 40 Sec Squat (<i>hold</i>) <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 113 / Total daily: 339	January 20 3 Rounds: ___ 100 Mt. Climbers ___ 60 Sec Squat (<i>hold</i>) ___ 35 Push ups ___ 60 Sec Squat (<i>hold</i>) <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 147 / Total daily: 441	January 21 3 Rounds: ___ 120 Mt. Climbers ___ 60 Sec Squat (<i>hold</i>) ___ 35 Push ups ___ 60 Sec Squat (<i>hold</i>) <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 167 / Total daily: 501	___/117 Monday ___/177 Tuesday ___/267 Wednesday ___/339 Thursday ___/441 Friday ___/501 Saturday ___/700 Practice ___/600 Class Total: ___/3142
January 22 <input type="checkbox"/> Practice (10m)	January 23 3 Rounds: ___ 10 Burpees ___ 20 Sec Plank (R) ___ 20 Sec Plank (L) ___ 10 V Sit Ups ___ 30 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 27 / Total daily: 81	January 24 3 Rounds: ___ 10 Burpees ___ 20 Sec Plank (R) ___ 20 Sec Plank (L) ___ 10 V Sit Ups ___ 30 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 27 / Total daily: 81	January 25 3 Rounds: ___ 20 Burpees ___ 40 Sec Plank (R) ___ 40 Sec Plank (L) ___ 20 V Sit Ups ___ 60 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 54 / Total daily: 162	January 26 3 Rounds: ___ 20 Burpees ___ 40 Sec Plank (R) ___ 40 Sec Plank (L) ___ 20 V Sit Ups ___ 60 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 54 / Total daily: 162	January 27 3 Rounds: ___ 30 Burpees ___ 60 Sec Plank (R) ___ 60 Sec Plank (L) ___ 30 V Sit Ups ___ 90 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 81 / Total daily: 243	January 28 3 Rounds: ___ 30 Burpees ___ 60 Sec Plank (R) ___ 60 Sec Plank (L) ___ 30 V Sit Ups ___ 90 Sec Wall Sit <input type="checkbox"/> Practice (10m) <input type="checkbox"/> Attend Class Each round: 81 / Total daily: 243	___/81 Monday ___/81 Tuesday ___/162 Wednesday ___/162 Thursday ___/243 Friday ___/243 Saturday ___/700 Practice ___/600 Class Total: ___/2272