**Children Gym Challenge**

**Dear Parents and members**

KKAcademy Club would like to challenge students by launching the Activity Plan for January 2019. There is a list of exercises to complete every week on three or more days. Please ask your parent to sign in the relevant box in the calendar below to confirm task completion. Return Activity Plan in every class in January 2019 and handle it to your coach.

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Week 1** |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |  |

**ABS exercises:**

* 10 Push Ups,
* 10 Sit Ups,
* 10 Rock to Stand up
* 10 Right Leg raise,
* 10 Left Leg raise,
* 10 V sit,