Mr. Morelli’s “10 to 4” Fitness Challenge

For this challenge you will need to do these exercises on the hour and every hour from 10 a.m to 4 p.m.

Ie. 9 a.m., 10 a.m., noon, 1 p.m., 2 p.m., 3 p.m. and 4 p.m.

10 push-ups

10 mountain climbers

10 sit-ups

10 sqauts

Who is up for this challenge?

If you complete it, fill your name in below and email it to me. You get a name ballot each time you complete a fitness challenge. I will draw a name or two every few weeks and will award a little prize for each name drawn. Challenges can be repeated, so go for as many as possible.

Good luck!

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_