**Active Break Every Day Challenge** 

Make sure to tick each box as you complete the movement breaks.

## **Week One**



**Speed Reaction** 

**Week Two** 



**Key Gymnastics Moves** 

**Week Three** 



**Box A Round With** The Olympic Champ

**Week Four** 



**Power Building With Books** 



**Elements Of Breaking** 

**Strong Core Strong Swimmer** 



Wake Up Wind Up

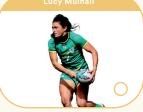
**FlexiFit** 



**WEDNESDAY** 

**THURSDAY** 

Boxing 101



**Passing Power** 



**Breaking Routine** 

Shane O'Donoghue

Olympic Stretch & Strength Shuffle



Olympic Circuit



**Hockey Coordination & Core** 



**Rugby Relay** 



Run An Olympic Final



Amp It Up!



Olympic Trivia Run



**Swim Strokes Medley** 



**Explosive Fitness** 







