

Cooperative Fitness Challenge

The most exciting and innovative fitness challenge your kids will ever participate in!

Great for teachers, homeschoolers, before or after school programs, YMCA's, Boys and Girls Clubs, Recreation Centers, etc.

Cost: 25.00 per teacher / administrator

This reserves you 15 free award pins.
Additional pins are \$1.00 each.

www.pecchallenge.org

The 6 Fitness Challenge Tasks

- * Partner Jumping Jacks
- * Partner Plank Taps
- * Crab Walk Beanbag Pick Up
- * Partner Sit Up Throw & Catch
- * The Frogger (aka Squat Thrusts)
- * On the Move Throw and Catch

Criteria

Completing 4/6 tasks = Bronze Pin

Completing 5/6 tasks = Silver Pin

Completing 6/6 tasks = Gold Pin

Award Pins



Brought to you by

