

GMA 2009 Hit Challenge

This years Hit Challenge is a “Personal Performance Improvement Challenge”

The idea is to take 5 physical aspects

1. Power – The number of pushups you can complete in 30 seconds.
2. Speed – The number of jump ropes you can complete in 1 minute.
3. Balance – The number of times you can stand on one leg...and press into a round house. Do both right and left leg.
4. Flexibility – How high you can press your side kick
5. Endurance – How long (in minutes) you can kick at 25 round house kicks per minute. $25 \text{ kicks/minute} * 20 \text{ minutes} = 500 \text{ kicks}$

And improve them to the best of YOUR ability.

Use the workout sheet to record your progress. You must do ALL exercises 100 times before December 1st to achieve 5 stars.

[CLICK HERE FOR THE WORKOUT SHEET](#)