

# POWER KARATE ACADEMY - FITNESS WEEK CHALLENGE

Monday

10 Squats  
30 Walking Lunges  
10 Sumo Squats  
(Repeat 3 times)

Tuesday

20 Toe Touches  
24 Plank Hip Twists  
12 Bicycle Crunches  
(Repeat 3 times)

Wednesday

10 push-ups  
10 Front Kicks  
10 Roundhouse Kicks  
(Repeat 3 times)

Thursday

24 Donkey Kicks (Each Side)  
10 Sumo Squats  
12 Single Leg Glute Bridges (Each Side)  
(Repeat 3 times)

Friday

**Stretch and Rest**  
Box Splits  
Seated Splits (toe touches)  
(15 Mins Total)

Saturday

10 Squats  
30 Walking Lunges  
10 Sumo Squats  
(Repeat 3 times)

Sunday

24 Toe Touches  
30 Plank Hip Twists  
24 Bicycle Crunches  
(Repeat 3 times)

RESPECT, CONFIDENCE, POWER



Power Karate Academy

# PKA - FITNESS WEEK CHALLENGE



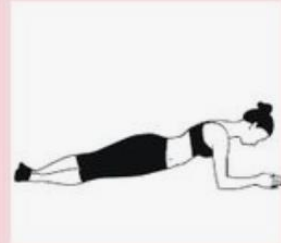
Squats



Walking Lunges



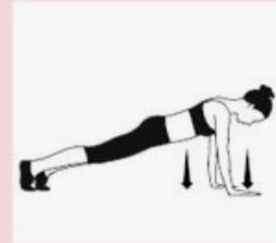
Sumo Squats



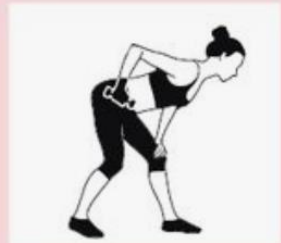
Plank Hip Twists



Bicycle Crunches



Push-ups



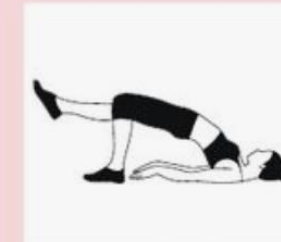
Dumbbell Rows



Donkey Kicks



Shoulder Presses



Single Leg Glute Bridges



Toe Touches



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

Student Age: \_\_\_\_\_

Student Belt: \_\_\_\_\_

How Difficult Was Fitness Week?

Easy

Medium

Difficult

RESPECT, CONFIDENCE, POWER