Choose and complete 1 of the fitness challenges listed below.

**10 Push-Ups**

*or*

**20-Second Plank**

**Force** *(noun)*

1. **An influence of energy/strength that changes the motion of an object or produces movement by a stationary object. [Force = Mass X Acceleration]**

Jasmine used the **force** of her muscular strength to complete push-up after push-up.

1. **The powerful effect of someone or something.**

Caleb’s encouragement and positive words were a positive **force** in the gymnasium, keeping his classmates motivated and working together toward their goals.

Choose and complete 1 of the fitness challenges listed below.

**5 Burpees**

*or*

**10 Curl-Ups**

**Force** *(noun)*

1. **An influence of energy/strength that changes the motion of an object or produces movement by a stationary object. [Force = Mass X Acceleration]**

Jasmine used the **force** of her muscular strength to complete push-up after push-up.

1. **The powerful effect of someone or something.**

Caleb’s encouragement and positive words were a positive **force** in the gymnasium, keeping his classmates motivated and working together toward their goals.

Choose and complete 1 of the fitness challenges listed below.

**10 Mountain Climbers**

*or*

**10 Plank Jacks**

**Force** *(noun)*

1. **An influence of energy/strength that changes the motion of an object or produces movement by a stationary object. [Force = Mass X Acceleration]**

Jasmine used the **force** of her muscular strength to complete push-up after push-up.

1. **The powerful effect of someone or something.**

Caleb’s encouragement and positive words were a positive **force** in the gymnasium, keeping his classmates motivated and working together toward their goals.

Choose and complete 1 of the fitness challenges listed below.

**5 Frog Jumps**

*or*

**10 Air Squats**

**Force** *(noun)*

1. **An influence of energy/strength that changes the motion of an object or produces movement by a stationary object. [Force = Mass X Acceleration]**

Jasmine used the **force** of her muscular strength to complete push-up after push-up.

1. **The powerful effect of someone or something.**

Caleb’s encouragement and positive words were a positive **force** in the gymnasium, keeping his classmates motivated and working together toward their goals.

Choose and complete 1 of the fitness challenges listed below.

**5 Burpees**

*or*

**10 Push-Ups**

**Force** *(noun)*

1. **An influence of energy/strength that changes the motion of an object or produces movement by a stationary object. [Force = Mass X Acceleration]**

Jasmine used the **force** of her muscular strength to complete push-up after push-up.

1. **The powerful effect of someone or something.**

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Choose and complete 1 of the fitness challenges listed below.

**5 Coffee Grinders**

*or*

**3 Crab Walk Circles**

**Force** *(noun)*

1. **An influence of energy/strength that changes the motion of an object or produces movement by a stationary object. [Force = Mass X Acceleration]**

Jasmine used the **force** of her muscular strength to complete push-up after push-up.

1. **The powerful effect of someone or something.**

Caleb’s encouragement and positive words were a positive **force** in the gymnasium, keeping his classmates motivated and working together toward their goals.