

EMERGING FORCE

MUSCULAR FITNESS CHALLENGE POSTER

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.

- 2) **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.



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5 Burpees or 10 Curl-Ups

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10 Mountain Climbers or 10 Plank Jacks

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5 Frog Jumps or 10 Air Squats

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5 Coffee Grinders or 3 Crab Walk Circles

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