



Name:

Email:

Lunge Challenge

Fill the card by completing 10 reps of each lunge (one per day) from May 21, 2024 - May 31, 2024 and watch your token climb the challenge board.

*Completed cards will be entered into a draw for a \$25 gift card**



Split Squat



Forward Lunge



Reverse Lunge



Walking Lunge



Lateral Lunge



Overhead Lunge



Bulgarian Split Squat



Jumping Lunge



Reverse Lunge with Rotation



Step Up

* Must be an active student and produce a valid student card/number. Deadline to submit the finished card is Sunday, June 2, 2024. Only one tile per day is redeemable.

HERE
FOR
YOU