

2024 WINTER FITNESS COMBINE



FEBRUARY 18TH-APRIL 5TH

WHAT

6 weeks of Fitness activities and healthy habits! Submit your scores weekly for each activity and win prizes! Improve flexibility, mobility, and endurance. This activity can be done at home, in school, or with a team. Booklets with activities will be sent out in the beginning of February.

TIMELINE

REGISTRATION DUE FEBRUARY 16th

Week 1 February 18th - Wall Sits

Week 2 February 25th - 5-10-5

Week 3 March 3rd - Floor Taps

Week 4 March 10th - Jumping Jacks

Week 5 March 17th - Submit March Madness Bracket

Week 6 March 24th- Planks

SCORE SUBMISSION DEADLINE APRIL 5th

PRIZES

- Teams that submit scores every week will receive dri-fit shirts and unified fitness kit
- March Madness Bracket Winner will receive a pizza party
- Highest scoring team will receive up to **10 fitbits**