

# STRONGER 10,000<sup>©</sup> by



*I Can Move, Stay Active and Feel Good!  
I Can Help my Body, Mind & Spirit!  
I Can Be Self-Disciplined & Have Fun!  
I Can Get Stronger at Home!*

Name	Grade	Sheet #
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**Directions: Complete 20 Repetitions (times you do it) and initial in the box. Only ONE set of exercises per day. Complete 10 sheets, or 9 with bonus! Good Luck and Have Fun!**

To view instructional video and download more forms, go to [www.CoachEmUpTexas.com/stronger10000](http://www.CoachEmUpTexas.com/stronger10000)

**1. Jumping Jacks & Jumping Jills (alternating)**

20	20	20	20	20
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**2. Jog in Place (count per step)**

20	20	20	20	20
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**3. Body Squats (slow & low)**

20	20	20	20	20
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**4. Invisible Jumping Rope**

20	20	20	20	20
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**5. Coffee Table (on hands) or Planks (from elbows)**

20	20	20	20	20
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**6. Crunches**

20	20	20	20	20
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**7. Tree Pose (with 7-IN & 7-OUT deep, cleansing breaths)**

20	20	20	20	20
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**8. Child's Pose (with Positive Self-Talk)**

20	20	20	20	20
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**9. Push-Ups**

20	20	20	20	20
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**10. Tricep Dips**

20	20	20	20	20
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**Bonus: Burpees**

20	20	20	20	20
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10,000 repetitions earns an induction into the **STRONGER 10,000 Wall of Fame!**

Send pics of your completed forms to [coach@CoachEmUpTexas.com](mailto:coach@CoachEmUpTexas.com)

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