



LCA 500/1000 Rep Challenge



“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.”

1 Corinthians 6:19-20

Welcome to the 500/1000 Rep Challenge!

As we learn in Corinthians, our bodies are not our own. They belong to Christ. Therefore, we need to take care of our bodies. One way we can do that is through physical fitness.

The 500/1000 Rep Challenge is one of the fitness challenges we will be offering to our secondary students this school year. For this challenge, we will be utilizing the BOKS Bootcamp workout plan. The plan is a 10-week program that has participants working out three times a week for 20-30 minutes. The exercises focus on strength, cardio, and HIIT and require no equipment. At the end of the ten weeks, there is a 1000 Rep Challenge (I am adding the 500 Rep Challenge).

Attached to this letter is a sheet that shows the repetitions that will be required to complete the challenge.

The idea is for students to perform the workouts at home on their own time. If he or she has the middle school fitness class (either first or second semester) or the high school fitness elective, one of the workouts will be covered each week. In December and again in May, I will hold a session when those that wish to do the challenge will have the opportunity to complete the challenge here at school. It only needs to be completed once.

This challenge offers a great opportunity to either get in shape or up your current workout regime. For athletes, it is a great cross-training tool.

After reviewing the requirements, if you would like to participate, I will give you a copy of the workout booklet.

Mrs. Greer