

10 Days to Conquer

THE MONKEY BARS

Day 1

- 1 - SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND
- 2 - HOLD PLANK POSITION FOR AS LONG AS YOU CAN 5 TIMES

Day 2

- 1 - CRUMPLE 10 PIECES OF PAPER, THEN TEAR PAPER INTO SMALL PIECES
- 2 - WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES

Day 3

- 1 - HANG ON A BAR WITH BOTH HANDS FOR AS LONG AS YOU CAN 5 TIMES
- 2 - CLIMB SOMETHING! A LADDER, A ROCK WALL, PLAYGROUND EQUIPMENT, ANYTHING!

Day 4

- 1 - PLAY WITH PLAY DOUGH
- 2 - HOLD PLANK POSITION FOR AS LONG AS YOU CAN 5 TIMES

Day 5

- 1 - SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND
- 2 - HANG ON A BAR AND SWING BACK AND FORTH BY KICKING LEGS

Day 6

- 1 - CRUMPLE 10 PIECES OF PAPER, THEN TEAR PAPER INTO SMALL PIECES
- 2 - WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES

Day 7

- 1 - HANG ON A BAR WITH BOTH HANDS FOR AS LONG AS YOU CAN 5 TIMES
- 2 - ATTEMPT MONKEY BARS 5 TIMES WITH ADULT STABILIZING LEGS

Day 8

- 1 - TIE BALLOON LOOSELY TO ONE BAR. HANG, SWING WITH LEGS AND TRY TO GRAB BALLOON WITH FEET
- 2 - ANIMAL WALKS (BEAR, CRAB)

Day 9

- 1 - ATTEMPT MONKEY BARS 5 TIMES WITH ADULT STABILIZING LEGS
- 2 - HOLD PLANK POSITION FOR AS LONG AS YOU CAN 5 TIMES

Day 10

- 1 - ATTEMPT MONKEY BARS 2 TIMES WITH ADULT STABILIZING LEGS
- 2 - TRY IT ON YOUR OWN!

SHARE YOUR SUCCESS
STORIES!

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