

		Unalakleet	White Mtn.	Nome
Crunches	5-7 yrs.	10/30 sec.	20/30 sec.	30/30 sec.
	8-11 yrs.	12/30 sec.	20/30 sec.	45/60 sec.
	12-14 yrs.	25/60 sec,	40/60 sec.	50/60 sec.
Push ups	5-7 yrs.	8/30 sec.	14/30 sec.	20/30 sec.
	8-11 yrs.	10/30 sec.	17/30 sec.	40/60 sec.
	12-14 yrs.	15/30 sec.	30/60 sec.	50/60 sec.
Jump rope	5-7 yrs.	2 min.	5 min.	10 min.
	8-11 yrs.	4 min.	8 min.	12 min.
	12-14 yrs.	5 min.	8 min.	15 min.
Squats	5-7 yrs.	8/30 sec.	15/30 sec.	20/30 sec.
	8-11 yrs.	10/30 sec.	15/30 sec.	35/60 sec.
	12-14 yrs.	10/30 sec.	15/30 sec.	40/60 sec.

The first number is the number of repetitions. The second is the time in which you should complete

