



ORANGE PHYSICAL FITNESS STAR

The Orange Physical Fitness Star is designed to turn up your training and push your skills beyond just punching and kicking. You have 6 weeks to complete 1,260 Push Ups, 1,260 Sit Ups, 1,260 Squats and 84 2-minute Shadow Kickboxing Rounds. Once completed and returned to your Instructor, you will earn your Orange Star.

Push Ups (1,260 total – 30 per day):

Week 1:

_____ = _____

Week 2:

_____ = _____

Week 3:

_____ = _____

Week 4:

_____ = _____

Week 5:

_____ = _____

Week 6:

_____ = _____

Sit Ups (1,260 total – 30 per day):

Week 1:

_____ = _____

Week 2:

_____ = _____

Week 3:

_____ = _____

Week 4:

_____ = _____

Week 5:

_____ = _____

Week 6:

_____ = _____

Squats (1,260 total – 30 per day):

Week 1:

_____ = _____

Week 2:

_____ = _____

Week 3:

_____ = _____

Week 4:

_____ = _____

Week 5:

_____ = _____

Week 6:

_____ = _____

Shadow Kickboxing Rounds (84 2-minute rounds – 2 per day):

Week 1:

_____ = _____

Week 2:

_____ = _____

Week 3:

_____ = _____

Week 4:

_____ = _____

Week 5:

_____ = _____

Week 6:

_____ = _____

Remember: All Master's Club students must have earned at least one color of each star in order to be eligible to test for their Black Belt, so don't wait to get them done!