



# THE PUSH-UP/ABDOMINAL CLUB

Lewis & Clark Elementary School  
10242 Prince Drive, Saint Louis, MO 63136



Students are required to do the push-up & abdominal crunch challenge daily in order to stay in the club and to advance to the next level. Students have "24 hours" to complete the daily challenge Mon-Fri for 30 days!!

## 50/50 CLUB

## THE IRON MAN CLUB

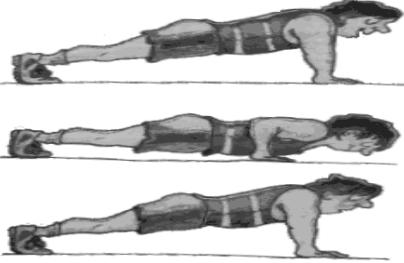
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## THE HULK CLUB

200+/200+

### The Push Up Challenge:

1. Assume a prone position on the floor with your body weight supported by your hands and balls of your feet.
2. Your hands should be placed in line with your shoulders and your fingers should be pointed in at a 45 degree angle.
3. Lower your body until your chest nearly touches the floor then raise yourself.



### The Abdominal Crunch Challenge:

1. Lie face up on the floor with your knees bent. Place your feet flat on the floor at hip-distance apart and approximately 1 foot from your bottom.
2. Tilt your hips slightly upward to flatten your lower back against the floor. Bend your elbows and place your hands across your chest.
3. Look toward the ceiling, as if you have an orange between your chin and your chest. Maintain your neck and elbow positions throughout the crunch.
4. Tighten your abs by pulling your navel toward your spine. Exhale, and raise your torso until your shoulder blades leave the floor.



50/50 CLUB		THE IRON MAN CLUB		THE HULK CLUB	
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