

Students Name:_____ **Current rank:**_____

Start date: _____ Due
Date: _____

Union UTA Martial Arts

45 Day Fitness Challenge

***For all Intermediate Black belt ranks during
their testing cycle***

Push Ups: 45 sets of 25=- 1125

(Date Box As completed)

[illegible]

Jumping Jacks: 45 sets of 150=6750

(Date Box as Completed)

REMEMBER

This is a testing requirement! The purpose is to make sure you are in black belt shape for your exam. Also its about your self discipline and attention to the details. Exercises can be supplemented with the chief instructors direct permission.

GOOD LUCK!