



# MEMORIAL DAY 2026

## FITNESS CHALLENGE

*In honor of the brave men and women who made the ultimate sacrifice for our freedom, let's challenge ourselves with the workout below:*

**25 Jumping Jacks > 30 Pushups > 40 Sit ups > 50 Air squats**

*Modification Options*

- *Jumping Jacks: step side-to-side instead of jumping*
- *Pushups: perform on knees and/or use a box/bench for an elevated base*
- *Advanced: add a 1-mile run/walk or bicycle before the set of exercises and then again after the set*

