10 Days to Conquer

Day 1

- 1 SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND
 - 2 HOLD PLANK POSITION FOR AS LONG AS YOU CAN 5 TIMES

Day 3

- 1 HANG ON A BAR WITH BOTH HAND: FOR AS LONG AS YOU CAN 5 TIMES
- 2 CLIMB SOMETHING! A LADDER, A ROCK WALL, PLAYGROUND EQUIPMENT

Day 6

- 1 CRUMPLE 10 PIECES OF PAPER,
 THEN TEAR PAPER TINTO SMALL PIECES
- 2 WHEELBARROW WALK THE LENGTH
 OF THE ROOM 5 TIMES

Day 2

- 1 CRUMPLE 10 PIECES OF PAPER,
 THEN TEAR PAPER INTO SMALL PIECES
- 2 WHEELBARROW WALK THE LENGTH

Day 4

- 1 PLAY WITH PLAY DOUGH
- 2 HOLD PLANK POSITION FOR AS LONG

Day 7

- 1 HANG ON A BAR WITH BOTH HANDS
 FOR AS LONG AS YOU CAN 5 TIMES
- 2 ATTEMPT MONKEY BARS 5 TIME: WITH ADULT STARTLITZING LEGS

MONKEY

BARS

Day 5

- 1 SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND
- 2 HANG ON A BAR AND SWING BACK

Day 8

- 1 TIE BALLOON LOOSELY TO ONE BAR
 HANG, SWING WITH LEGS AND TRY
 TO GRAB BALLOON WITH FFFT
 - 2 ANIMAL WALKS (BEAR, CRAB)

Day 9

- 1 ATTEMPT MONKEY BARS 5 TIMES WITH ADJUT STARTITZING LEGS
- 2 HOLD PLANK POSITION FOR AS LONG
 AS YOU CAN 5 TIMES

Day 10

- 1 ATTEMPT MONKEY BARS 2 TIMES WITH
 ADJUT STABILIZING LEGS
 - 2 TRY IT ON YOUR OWN

SHARE YOUR SUCCESS

STORIES!

#10DAYSTOCONQUER

THEINSPIREDTREEHOUSE.COM

Day 1

- 1 SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND
 - 2 HOLD PLANK POSITION FOR AS
 LONG AS YOU CAN 5 TIMES



- 1 CRUMPLE 10 PIECES OF PAPER, THEN TEAR PAPER INTO SMALL PIECES
- 2 WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES



- 1 HANG ON A BAR WITH BOTH HANDS FOR AS LONG AS YOU CAN 5 TIMES
- 2 CLIMB SOMETHING! A LADDER, A ROCK WALL, PLAYGROUND EQUIPMENT,

 ANYTHING!

Day 4

- 1 PLAY WITH PLAY DOUGH
- 2 HOLD PLANK POSITION FOR AS



- 1 SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND
- 2 HANG ON A BAR AND SWING BACK
 AND FORTH BY KICKING LEGS



1 - CRUMPLE 10 PIECES OF PAPER,
THEN TEAR PAPER INTO SMALL PIECES

2 - WHEELBARROW WALK THE LENGTH
OF THE ROOM 5 TIMES



1 - TIE BALLOON LOOSELY TO ONE BAR.
HANG, SWING WITH LEGS AND TRY
TO GRAB BALLOON WITH FEET

2 - ANIMAL WALKS (BEAR, CRAB)

Day 10

1 - ATTEMPT MONKEY BARS 2 TIMES WITH ADJUT STABILIZING LEGS

2 - TRY IT ON YOUR OWN!



1 - HANG ON A BAR WITH BOTH HANDS FOR AS LONG AS YOU CAN 5 TIMES

2 - ATTEMPT MONKEY BARS 5 TIMES WITH ADULT STABILIZING LEGS



1 - ATTEMPT MONKEY BARS 5 TIMES
WITH ADULT STABILIZING LEGS

2 - HOLD PLANK POSITION FOR AS LONG
AS YOU CAN 5 TIMES

10 Days
To Conquer
THE MONKEY BARS

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