

Webelos Stronger, Faster, Higher

	Week 1	Week 2	Week 3	Week 4
20 yard dash				
Vertical Jump				
Lifting a 5 pound weight				
Push Ups				
Sit Ups				
Curls				
Jump Rope				

Webelos Fitness Tracker

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Suggested 5 days per week = 3 cardio, 1 weights/resistance, 1 stretching