



POLAR BEAR CHALLENGE WORKOUT

Before you jump in the pool with a Bear (or your Dad), complete the Polar Bear Challenge Workout to earn a **SPECIAL PATCH!**

You should complete this workout at home before coming to your Polar Bear Swim at the YMCA to earn a **BEAR CLAW.**

If you or your Crew would like to complete your Polar Bear Swim somewhere else (not at a YMCA), be sure to contact our office to pick up your **BEAR CLAWS** and **SPECIAL PATCHES!**

ACTIVITY	✓	ACTIVITY	✓
15 Sit-Ups		20 Mountain Climbers	
15 Push-Ups		20 High Knees	
30 Second Plank		20 Lunges	
15 Squats		15 Star Jumps	
30 Jumping Jacks		5 Burpees	