

Coach Igor's Freaky Fitness Challenge

WANT TO GET IN SCARY SHAPE? SPEND A WEEK WORKING OUT WITH COACH IGOR!



Run.

Day 1:

1
monster
mile

Run a monster mile.
Time yourself to see
how fast you can do it!

Play casketball
with your
friends. For
extra credit,
try to get
at least 5
freak-throws
in a row!

Day 2:
Play.

Day 3:

Train for the swamp
team. Hit the pool and
swim at least 10 laps.

Swim.



Do yoga.

Day 4:

Balance on
one foot
and practice
the dead
tree pose.



Shock your system!
Do 20 sit-ups, 10
push-ups, and 50
jumping jacks.

Day 5:

Jump.



Day 6: Dance.



Make up a killer dance
routine to show off
your monster moves.

Day 7:

Ride.

Go for a beastly bike
ride. Put on a helmet and
peddle for 20 terrifying
minutes.



Congrats!



You're on your way to
being fangtastically fit!

Dying to know more? Visit us at:

MONSTERHIGH.COM



Congratulations!

_____ passed the freaky fitness test on
(Your Name)

(Today's Date)

"Remember, you can't hide from fitness"
- Coach Igor



Want to know more? Visit us at:
MONSTERHIGH.COM