



1 TIME A DAY IS *GOOD* **2** TIMES A DAY IS *GREAT*
3 TIMES A DAY IS *SUPER* **4** TIMES A DAY YOU ARE *AN ALL STAR*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Push-ups 					1 -10 push-ups -15 bridges	2  Sit-ups
3  Jog	4 -20 jumping jacks -20 wall push-ups	5 -10 sit-ups -10 v-sits	6 -1 minute jog in place -10 crab push ups	7 -10 minutes of stretching - 30 sec. wall sit	8 -30 second plank -3 minutes stairs/steps	9  Lunges
10  Mountain Climbers	11 -20 second high knees -20 squats	12 -20 lunges -15 minutes of yoga	13 -10 mountain climbers -10 push-ups	14 -20 second leg lift -1 minute jog in place	15 -10 second small arm circles -10 sit-ups	16  wall sit
17  Squats	18 -10 bicycle crunches -20 jumping jacks	19 -20 air jumps -10 minutes of stretching	20 -20 kick backs -20 seconds of high knees	21 -20 squats -30 second plank	22 -15 minutes of yoga -10 v-ups	23  Bridges
24  Plank	25 -3 minutes stairs/steps -20 lunges	26 -30 seconds wall sit -20 jumping jacks	27 -10 crab push up -30 second planks	28 -15 curl ups -3 minutes stairs/steps	29 -10 v sits -10 mountain climbers	30  Wall Push-Ups
31  Arm Circles		Keep Moving!		You can Do it!		 High Knees

DO YOUR BEST AND KEEP ACTIVE!

HERE IS ANOTHER FUN ACTIVITY TO TRY!

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strangest dance you can think of.

Scream.



NON-LOCOMOTOR MOVEMENT



STRETCH



CURL



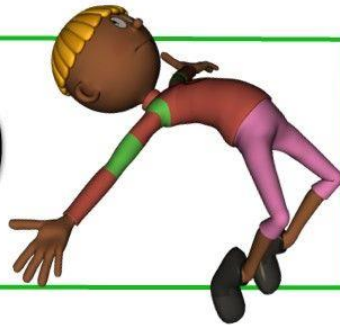
PULL



BALANCE



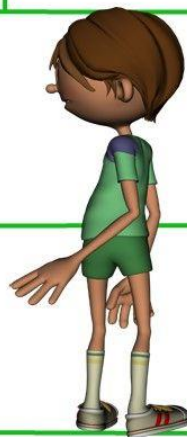
BEND



SWING



TURN

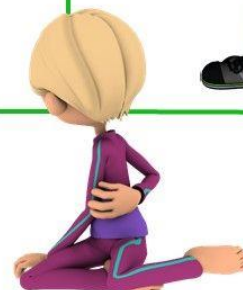


PUSH

SWAY



TWIST

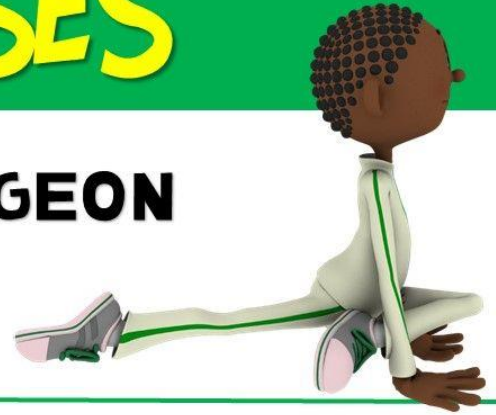


YOGA POSES

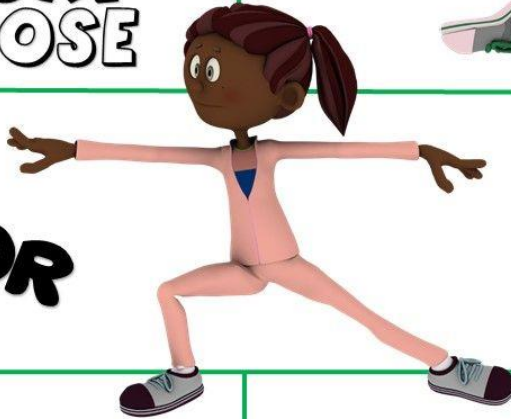


**BOAT
POSE**

PIGEON



WARRIOR



**Bound
Angle**

TREE



**UPWARD
DOG**



EASY POSE



**CHILD'S
POSE**

**Bharadvaja's
Twist**



CROW



ACTIVITIES THAT CAN IMPROVE YOUR CARDIOVASCULAR ENDURANCE



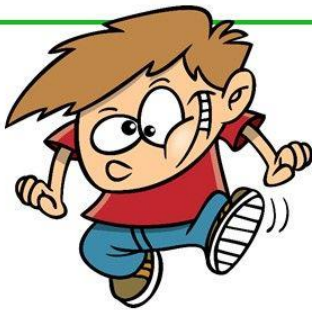
WALKING



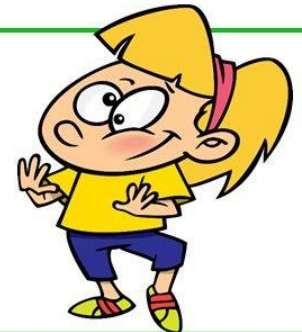
JOGGING



Hoop Twirling



DANCING



SCOOTER BOARDS



TAG GAMES

JUMPING ROPE



RUNNING



Additional websites for you to check out!

<https://www.youtube.com/watch?v=oc4QS2USKmk>

https://www.youtube.com/watch?v=L_A_HjHZxfI

<https://www.youtube.com/watch?v=oc4QS2USKmk>

<https://www.youtube.com/watch?v=J498vqLbTdg&list=PLMr-d2PLsO95ydptpBnsxdQNSKc9iUNU0&index=2&t=0s>