

FITNESS FUN !!!

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>Stand up and sit down as fast as you can for 30 seconds.</p>	<p>2</p> <p>Dance to your favorite song today.</p>	<p>3</p> <p>Skip in place for 30 seconds. Rest and repeat 3 times.</p>	<p>4</p> <p>Balloon toss for 5 minutes.</p> 	<p>5</p> <p>Twist and shout for 3 minutes. Rest and repeat 3 times.</p>	<p>6</p> <p>Squat and kick alternating legs each time for 20 seconds.</p>	<p>7</p> <p>Play a game of Simon Says.</p>
<p>8</p> <p>Do 5 sit-ups and repeat.</p>	<p>9</p> <p>High knee march for 1 minute. Rest and repeat 3 times.</p>	<p>10</p> <p>Do the crab walk across the living room floor.</p>	<p>11</p> <p>Circle your arms forward 10 times then backward 10 times.</p>	<p>12</p> <p>Reach to the sky, then touch the floor. Repeat 1 time.</p>	<p>13</p> <p>Jump 5 times. Try to jump higher each time.</p>	<p>14</p> <p>Do the "Hokey Pokey" with a partner.</p>
<p>15</p> <p>Have a push up contest with a family member.</p> 	<p>16</p> <p>Do 10 sit-ups. Rest and repeat 2 times.</p>	<p>17</p> <p>Side leg raises 10 times each side. Rest and repeat 3 times.</p>	<p>18</p> <p>Toss a balloon up in the air 10 times.</p>	<p>19</p> <p>Hop 5 times on your right foot, then hop 5 times on your left foot.</p>	<p>20</p> <p>Outdoor hopscotch.</p> 	<p>21</p> <p>Play a game of follow the leader outside.</p>
<p>22</p> <p>Sing the ABC's while walking around the room.</p>	<p>23</p> <p>Run in place for 30 seconds. Rest 2 minutes and do it again one more time.</p>	<p>24</p> <p>Jump ten times. Rest and repeat 3 times.</p>	<p>25</p> <p>Do as many push ups as you can in 30 seconds.</p>	<p>26</p> <p>Stretch and touch your toes. Hold for 1 minute and repeat.</p>	<p>27</p> <p>Twist and shout for 2 minutes. Rest and repeat 3 times.</p>	<p>28</p> <p>WALK in a circle around the back yard.</p>
<p>29</p> <p>Skip across the room and back. Rest and repeat 3 times.</p>	<p>30</p> <p>Make up your very own exercise and do it 5 times!</p>					



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