

FITNESS FUN !!!

September 2018

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



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