

FITNESS FUN

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Do 5 sit-ups and repeat 5 times.	2 Sing the ABC's while walking around the room.	3 Do the crab walk across the living room floor.	4 Reach to the sky, then touch the floor. Repeat 1 time.	5 Play a game of Simon Says.
6 Clean the house while blasting your music.	7 Create an indoor obstacle.	8 Side leg raises 10 times each side. Rest and repeat 3 times.	9 Stand up and sit down as fast as you can for 30 seconds.	10 Circle your arms forward 10 times then backward 10 times.	11 Skip across the room and back. Rest and repeat 3 times.	12 Twist and shout for 3 minutes. Rest and repeat 3 times.
13 Play TAG with a sibling or friend.	14 Squat and kick alternating legs each time for 20 seconds.	15 Bicycle crunches for 30 seconds.	16 Jump ten times. Rest and repeat 3 times.	17 Toss a ball with a partner.	18 High knee march for 1 minute. Rest and repeat 3 times.	19 Play a game of follow the leader inside.
20 Stretch and touch your toes. Hold for 1 minute and repeat.	21 Play charades.	22 Twist and shout for 2 minutes. Rest and repeat 3 times.	23 Have a push up contest with a family member.	24 Dance to your favorite song today.	25 	26 Play Mother May I.
27 Lift right leg up, hold 5 seconds, then repeat with left leg.	28 Run in place for 30 seconds. Rest 2 minutes and do it again one more time.	29 Play a game of Hide and Seek.	30 Balloon toss for 5 minutes. 	31 Play tag with a friend or family member.		
						