

FITNESS FUN !!!

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Do 5 sit-ups and repeat 3 times.
2 Plan a day trip and go for a hike with your family.	3 Hula hoop with a friend.	4 Stand up and sit down as fast as you can for 30 seconds.	5 Skip in place for 30 seconds. Rest and repeat 3 times.	6 Play a game of follow the leader outside.	7 Do 5 jumping jacks. Rest 5 minutes and repeat 3 times.	8 Try and do a headstand and see how long you can hold it.
9 Jump 5 times. Try to jump higher each time.	10 Go for a walk.	11 High knee march for 1 minute. Rest and repeat 3 times.	12 Dance to your favorite song today.	13 Play Basketball. See who can make 10 baskets first.	14 Stretch and touch your toes. Hold for 1 minute and repeat.	15 Squat and kick alternating legs each time for 20 seconds.
16 Side leg raises 10 times each side. Rest and repeat 3 times.	17 Do the crab walk across the living room floor.	18 Wall-sit for 30 seconds. Rest and repeat 3 times.	19 Lift right leg up, hold 5 seconds, then repeat with left leg.	20 Jump ten times. Rest and repeat 3 times.	21 Skip across the room and back. Rest and repeat 3 times.	22 Play Hopscotch with a friend.
23 Circle your arms forward 10 times then backward 10 times.	24 Play a game of follow the leader outside.	25 10 front kicks each leg, 10 back kicks each leg.	26 Make up your own exercise today.	27 See how many cartwheels you can do in 10 seconds.	28 Reach to the sky, then touch the floor. Repeat 1 time.	29 Jump rope with a parent or friend.
30 Balloon toss for 5 minutes.	31 Have a push up contest with a family member.					



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