



PHYSICAL ACTIVITY

W W CALENDAR

January 2021



MON	TUE	WED	THU	FRI	SAT	SUN
				1 You've earned a rest day: Keep up the hard work!	2 Do jumping jacks during every commerical break	3 Go for a walk, run, bike ride, or play an outdoor sport with family or friends
4 Begin standing straight up Bend down and touch toes Walk hands forward/Downward Dog Put knees on the ground/Tabletop Round back and tuck chin/Cat Pose Look up and skin belly to floor/Cow Pose Extend one arm and opposite leg Extend other arm and oppostie leg Sit back on heels, bring forehead to floor, rest arms/Child's pose	5 15 seconds Butt Kicks 15 seconds High Knees 15 seconds Burpees 15 seconds Crunches Repeat (based on age)	6 10 Bicep Curls/per arm 10 Front Shoulder Raises 10 Lunges/per leg 10 Russian Twists/per side Repeat at least 3 times	7 1 min. Run in Place 1 min. Jumping Jacks 1 min. Squat Jump 1 min. Mountain Climbers Repeat at least 3 times	8 You've earned a rest day: Keep up the hard work!	9 Do sit ups during every commerical break	10 Go for a walk, run, bike ride, or play an outdoor sport with family or friends
11 Begin standing straight up Bend down and touch toes Walk hands forward/Downward Dog Put knees on the ground/Tabletop Round back and tuck chin/Cat Pose Look up and skin belly to floor/Cow Pose Extend one arm and opposite leg Extend other arm and oppostie leg Sit back on heels, bring forehead to floor, rest arms/Child's pose	12 15 seconds Butt Kicks 15 seconds High Knees 15 seconds Burpees 15 seconds Crunches Repeat (based on age)	13 10 Bicep Curls/per arm 10 Front Shoulder Raises 10 Lunges/per leg 10 Russian Twists/per side Repeat at least 3 times	14 1 min. Run in Place 1 min. Jumping Jacks 1 min. Squat Jump 1 min. Mountain Climbers Repeat at least 3 times	15 You've earned a rest day: Keep up the hard work!	16 Do push ups during every commerical break	17 Go for a walk, run, bike ride, or play an outdoor sport with family or friends
18 Begin standing straight up Bend down and touch toes Walk hands forward/Downward Dog Put knees on the ground/Tabletop Round back and tuck chin/Cat Pose Look up and skin belly to floor/Cow Pose Extend one arm and opposite leg Extend other arm and oppostie leg Sit back on heels, bring forehead to floor, rest arms/Child's pose	19 15 seconds Butt Kicks 15 seconds High Knees 15 seconds Burpees 15 seconds Crunches Repeat (based on age)	20 10 Bicep Curls/per arm 10 Front Shoulder Raises 10 Lunges/per leg 10 Russian Twists/per side Repeat at least 3 times	21 1 min. Run in Place 1 min. Jumping Jacks 1 min. Squat Jump 1 min. Mountain Climbers Repeat at least 3 times	22 You've earned a rest day: Keep up the hard work!	23 Do air squats during every commerical break	24 Go for a walk, run, bike ride, or play an outdoor sport with family or friends
25 Begin standing straight up Bend down and touch toes Walk hands forward/Downward Dog Put knees on the ground/Tabletop Round back and tuck chin/Cat Pose Look up and skin belly to floor/Cow Pose Extend one arm and opposite leg Extend other arm and oppostie leg Sit back on heels, bring forehead to floor, rest arms/Child's pose	26 15 seconds Butt Kicks 15 seconds High Knees 15 seconds Burpees 15 seconds Crunches Repeat (based on age)	27 10 Bicep Curls/per arm 10 Front Shoulder Raises 10 Lunges/per leg 10 Russian Twists/per side Repeat at least 3 times	28 1 min. Run in Place 1 min. Jumping Jacks 1 min. Squat Jump 1 min. Mountain Climbers Repeat at least 3 times	29 You've earned a rest day: Keep up the hard work!	30 Do mountain climbers during every commerical break	31 Go for a walk, run, bike ride, or play an outdoor sport with family or friends
Meditation Monday: <i>Start off the week right by taking time to listen to your body and clear your mind while doing yoga poses. Hold each pose for 15 seconds.</i>	Tuesday YOUday: <i>How old are you? Your age is the number of times that you repeat the workout (Example:8 years old = Repeat 8 times)</i>	Weighted Wednesday: <i>Any age appropriate weight will work. If you don't have dumbbells or kettlebells, try using cans from your pantry!</i>	Thirsty Thursday: <i>Make sure you drink plenty of water before and after this workout. Today's focus is on cardio!</i>	Free Friday: <i>Everyone derseves a rest day after a long week of school and exercising daily. Take this free Friday to relax and enjoy yourself.</i>	Showtime Saturday: <i>Workout while you watch your favorite TV show. No cheating, there must be commercial breaks!</i>	Sunday FUNday: <i>Use this time to take your workout outside and socialize. Any outdoor activity counts.</i>