

MAY 2020- SPRING into Fitness Challenge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
					Play Tag	Wash Car
3	4	5	6	7	8	9
Mow Lawn	Go Kayak	Fly a Kite	Bike Ride	Play Golf	Baseball	Vacation
10	11	12	13	14	15	16
Campfire	Jump Rope	Canoeing	Go Jogging	Feed Birds	Hopscotch	Go Camping
17	18	19	20	21	22	23
Skip Stones	Climb a Tree	Petting Zoo	Nature Walks	Play Croquet	Watch Sunset	Plant Garden
24	25	26	27	28	29	30
Picnic Lunch	Hide and Seek	Read Outside	Pick Berries	Open Windows	Go Skateboard	Sidewalk Chalk
31	1	2	3	4	5	6
Exercise Outside						

Directions: Spell the word/phrase on each day using the Alphabet Exercise Sheet & have a parent initial each day you complete ☺

SPRING into Fitness

Alphabet Exercise Sheet

A = 4 Hand Release Burpees	N = 20 Butt Kickers
B = 20 Hand Plank Shoulder Taps	O = 20 High Knees
C = 14 Str. Leg “Toy Soldiers”	P = 14 “Crab Toe Touches” (opposites)
D = 20 Full Jumping Jacks	Q = 8 Hand Plank Tuck Jumps
E = 10 Hand Plank Jacks	R = 6 Hand Plank to Low Plank
F = 8 Slow Alt. Lying “Scorpion kicks”	S = 10 Tuck Jumps
G = 14 Big “Ice Skaters”	T = 12 Butterfly Sit-ups
H = 20 sec Low Plank	U = 5 Str. Leg “Inch worms” (Walk outs)
I = 8 Big “Star Jumps”	V = 12 Lying Superman Lifts
J = 16 Big Mountain Climbers	W = 8 Slow 90° Target Squats
K = 10 Slow “Cat-Cow”	X = 20 Mason Twists
L = 1 min Jog in place	Y = 30 Imaginary Jump Rope
M = 10 Slow “Bird Dogs” (opposites)	Z = 40 Standing Alt. Front Punches