

Social Distance May 2020 Workout

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Quarantine	2 Pandemic
3 Distance	4 Learning	5 Healthy	6 Covid	7 Homeschool	8 Gloves	9 Masks
10 Mothers Day	11 Flowers	12 Beloved	13 Gifts	14 Phone call	15 Card	16 Graduation
17 Seniors	18 Skip Day	19 Diploma	20 Finals	21 Grades	22 Classmates	23 College
24 Summer	25 Memorial Day	26 Beach	27 Vacation	28 Family	29 Freedom	30 Swimming
31 Library						

Work out in Social Distancing

Directions: Spell the word on each day of the calendar using the alphabet exercises below. Have Fun!!!!

A - 10 jumping jacks
B - 10 sit-ups
C - 8 pushups
D - 15 mountain climbers
E - 10 trunk twist
F - 15 sec wall sit
G - 10 Squats
H - 10 elbow to knee
I - 10 scissor jumps
J - 10 burpees
K - 10 arm circles
L - 10 walking lounges
M - 15 sec plank
N - 25 sit-ups

O - 30 sec jog in place
P - 10 squat jumps
Q - 10 squats
R - 10 jumping jacks
S - 15 elbow to knee
T - 8 pushups
U - 15 high knees
V - 10 sec six inches
W - 15 sec plank
X - 10 trunk twist
Y - 15 mountain climbers
Z - 30 sec wall sit