


# Moline Fitness Calendar

## November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Do Animal Exercises part 2 with your family	2 20 jumping jacks 10 sky reaches Balance on one foot for 10 seconds	3 Do all exercises in Grocery Bag Fitness 10 each (find this in Ms. Vitale Google Classroom)	4 Jump Rope for one minute 5 push ups 10 of your favorite exercise	5 Toss and catch with a partner 30 times 10 squats	6 10 Knee lifts 10 Shoulder press 20 butterfly kicks	7 Do a superhero workout or yoga Walk outside for 10 minutes or more
8 Dance with your family	9 20 mountain climbers OR 5 Old lady burpees or real burpees	10 10 jumping jacks 8 sky reaches 10 jumping jacks 8 sky reaches	11 Yoga Video from Vitale Classroom	12 20 butterfly kicks 10 squats 10 sit ups	13 10 mountain climbers Jump rope for 30 seconds 100 stretches	14 Toss and catch rolled up socks 25 times then do 8 push ups
15 Play a card game with your family	16 Yoga Video from Vitale Classroom	17 Write the words THANK YOU while in push up position and then give the note to someone	18 Your choice of exercise for 20 minutes	19 Balance a book on your head for 10 seconds 8 squats or 8 burpees	20 30 Step ups 10 sky reaches 20 Shoulder Press	21 Jump Rope for 1 minute then do 5 push ups and repeat this for 10 minutes
22 Do Animal Exercises video with your family	23 Do the exercises in Grocery Bag fitness (Vitale Google Classroom)	24 100 bear crawls forward and backwards 100 stretches	25 Yoga Video from Vitale Classroom	26 	27 20 hammer curls 10 squats 10 shoulder press	28 Practice tossing and catching with a partner for 10 minutes
29 Do Frozen Yoga video with your family	30 Balance a book on your head for 10 seconds 5 old lady burpees or real burpees	