

Moline Fitness Calendar

October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 20 jumping jacks 10 sky reaches Balance on one foot for 10 seconds</p>	<p>2 10 Knee lifts 10 Shoulder press 20 butterfly kicks</p>	<p>3 Toss and catch a ball 25 times then do 8 push ups</p>
<p>4 Take a walk with your family</p>	<p>5 10 mountain climbers 5 Old lady burpees or real burpees</p>	<p>6 10 squats 5 push ups 10 jumping jacks</p>	<p>7 Yoga Video from Vitale Classroom</p>	<p>8 20 butterfly kicks 10 Shoulder press Dribble a ball with your hands for 30 seconds</p>	<p>9 10 mountain climbers Jump rope for 30 seconds 100 stretches</p>	<p>10 Toss and catch rolled up socks 25 times then do 8 push ups</p>
<p>11 Dance with your family</p>	<p>12 10 Knee lifts 20 sky reaches 100 stretches</p>	<p>13 20 butterfly kicks 5 Old lady burpees or real burpees Dribble a ball with hands for 30 seconds</p>	<p>14 Yoga Video from Vitale Classroom</p>	<p>15 10 mountain climbers 8 push ups 100 stretches</p>	<p>16 10 squats 5 push ups 10 jumping jacks</p>	<p>17 Practice juggling with 2 rolled up socks then do 8 push ups</p>
<p>18 Do Animal Exercises video with your family</p>	<p>19 20 butterfly kicks 10 Shoulder Press Dribble a ball with hands for 30 seconds</p>	<p>20 10 mountain climbers Jump rope for 30 seconds 100 stretches</p>	<p>21 Yoga Video from Vitale Classroom</p>	<p>22 10 Knee lifts 10 Shoulder press Balance on one foot for 10 seconds</p>	<p>23 10 hammer curls 10 squats Dribble a ball with hands for 30 seconds</p>	<p>24 Practice tossing and catching with a partner for 10 minutes</p>
<p>25 Do Frozen Yoga video with your family</p>	<p>26 Balance a book on your head for 10 seconds 5 old lady burpees or real burpees</p>	<p>27 Print your name on a piece of paper while in push up position</p>	<p>28 Yoga Video from Vitale Classroom</p>	<p>29 8 push ups 10 jumping jacks Dribble a ball with hands for 30 seconds</p>	<p>30 10 knee lifts 10 sky reaches 100 stretches</p>	<p>31 Have a safe Halloween!</p> 