


Moline Fitness Calendar

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>10 knee lifts 10 shoulder press 20 butterfly kicks</p>	<p>2</p> <p>Do all exercises in Grocery Bag Fitness - 10 each (find this in Ms. Vitale Google Classroom)</p>	<p>3</p> <p>Practice juggling 2 paper balls 10 push ups and 10 sit ups</p>	<p>4</p> <p>10 mountain climbers Jump rope for 30 seconds</p>	<p>5</p> <p>Do a superhero workout or yoga Walk outside for 10 minutes or more</p>
<p>6</p> <p>Dance with your family and then write a nice note to someone</p>	<p>7</p> <p>Write the words KINDNESS while in push up position 10 sit ups</p>	<p>8</p> <p>10 jumping jacks 8 sky reaches 10 jumping jacks 8 sky reaches</p>	<p>9</p> <p>Yoga Video from Vitale Classroom</p>	<p>10</p> <p>Balance a book on your head for 10 seconds 10 wall push ups 10 squats</p>	<p>11</p> <p>Jog in place with your backpack on your back for 30 seconds 5 backpack burpees</p>	<p>12</p> <p>Do Animal Exercises video with your family</p>
<p>13</p> <p>Play a card game with your family 10 sit ups 10 knee lifts</p>	<p>14</p> <p>Yoga Video from Vitale Classroom</p>	<p>15</p> <p>Write the words THANK YOU while in push up position and then give the note to someone</p>	<p>16</p> <p>Your choice of exercise for 20 minutes</p>	<p>17</p> <p>20 jumping jacks 10 sky reaches Balance in plank position for 30 seconds</p>	<p>18</p> <p>30 Step ups 10 sky reaches 20 Shoulder Press</p>	<p>19</p> <p>Do Frozen Yoga video with your family</p>
<p>20</p> <p>Do Animal Exercises video with your family</p>	<p>21</p> <p>Practice jumping and spinning 10 times 20 steps up while your arms shoulder press</p>	<p>22</p> <p>100 bear crawls forward and backwards 100 stretches</p>	<p>23</p> <p>Do all exercises in Grocery Bag Fitness - 10 each (find in Ms. Vitale Google Classroom)</p>	<p>24</p> <p>Yoga Video from Vitale Classroom</p>	<p>25</p> <p>REST and enjoy your family</p>	<p>26</p> <p>Dance with your family and then write some thank you notes</p>
<p>27</p> <p>Do Frozen Yoga video with your family</p>	<p>28</p> <p>Balance a book on your head for 10 seconds 5 old lady burpees or real burpees</p>	<p>29</p> <p>Toss and catch with a partner 30 times 10 sit ups</p>	<p>30</p> <p>10 hammer curls 10 shoulder press 10 squats and REPEAT</p>	<p>31</p> <p>Do a superhero workout or yoga Walk outside for 10 minutes</p>	