


Moline Fitness Calendar

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice juggling 2 paper balls for 1 minute 10 knee lifts	2 Practice juggling 2 paper balls for 1 minute 20 butterfly kicks	3 Do all exercises in Grocery Bag Fitness - 10 each (find this in Ms. Vitale Google Classroom)	4 Practice juggling 2 paper balls for 1 minute 10 push ups or 10 sit ups	5 Practice juggling 2 paper balls for 1 minute 10 mountain climbers	6 Do a superhero workout or yoga Walk outside for 10 minutes or more
7 Dance with your family and then write a nice note to someone. CLEAN YOUR ROOM!!	8 Write the words KINDNESS while in push up position 10 sit ups	9 10 jumping jacks 8 sky reaches 10 jumping jacks 8 sky reaches	10 Yoga Video from Vitale Classroom	11 Balance a book on your head for 20 seconds 10 wall push ups 10 squats	12 NO SCHOOL Jog in place with your backpack on your back for 30 seconds 5 backpack burpees	13 Do Animal Exercises video with your family
14 Play a card game with your family CLEAN YOUR ROOM!!	15 NO SCHOOL Practice jumping and spinning 10 times 20 steps up while your arms shoulder press	16 Write the words THANK YOU while in push up position and then give the note to someone	17 Your choice of exercise for 20 minutes	18 10 hammer curls 10 shoulder press 10 squats and REPEAT	19 30 Step ups 10 sky reaches 20 Shoulder Press	20 Do Frozen Yoga video with your family
21 Do Animal Exercises video with your family CLEAN YOUR ROOM!!	22 10 jumping jacks 10 sky reaches 10 jumping jacks 10 sky reaches	23 Practice juggling 2 paper balls for 1 minute 10 push ups or 10 sit ups	24 Do a superhero workout or yoga Walk outside for 10 minutes	25 10 knee lifts 10 shoulder press 20 butterfly kicks	26 10 jumping jacks 10 sky reaches 10 jumping jacks 10 sky reaches	27 Dance with your family and then write some thank you notes
28 Do Frozen Yoga video with your family CLEAN YOUR ROOM!!	