



Moline Fitness Calendar

March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 10 knee lifts 5 push ups 10 knee lifts 5 push ups</p>	<p>2 Practice juggling 2 paper balls for 1 minute 20 butterfly kicks</p>	<p>3 Do a Superhero Workout from Vitale Classroom</p>	<p>4 10 jumping jacks 10 sit ups 10 jumping jacks 10 sit ups</p>	<p>5 Practice juggling 2 paper balls for 1 minute 10 mountain climbers</p>	<p>6 Toss and catch a paper ball with a partner or off the wall. Then try it with 2 paper balls!</p>
<p>7 Dance with your family and then write a nice note to someone. CLEAN YOUR ROOM!!</p>	<p>8 Write the words TEAMWORK on a piece of paper while in push up position 10 sit ups</p>	<p>9 10 jumping jacks 8 sky reaches 10 jumping jacks 8 sky reaches</p>	<p>10 Yoga Video from Vitale Classroom</p>	<p>11 Balance a book on your head for 20 seconds 10 wall push ups 10 squats</p>	<p>12 Jog in place with your backpack on your back for 30 seconds 5 backpack burpees</p>	<p>13 Dance with your family and then draw a picture of your family dancing.</p>
<p>14 Play a card game with your family CLEAN YOUR ROOM!!</p>	<p>15 Practice jumping and spinning 10 times 20 steps up while your arms shoulder press</p>	<p>16 Balance a book on your head for 30 seconds then try to do 10 squats while keeping the book balanced</p>	<p>17 Look for 15 different things that are green and write them on a piece of paper</p> 	<p>18 Jog in place with your backpack on your back for 30 seconds 5 backpack burpees</p>	<p>19 NO SCHOOL Toss and catch a paper ball with a partner or off the wall. Then try it with 2 paper balls!</p>	<p>20 Watch March Madness Basketball Games on TV and pretend to shoot 10 free throws</p>
<p>21 CLEAN YOUR ROOM!! CLEAN YOUR ROOM!! CLEAN YOUR ROOM!!</p>	<p>22 SPRINGBREAK 10 jumping jacks 10 sky reaches 10 jumping jacks 10 sky reaches</p>	<p>23 SPRINGBREAK Practice juggling 2 paper balls for 1 minute 10 push ups or 10 sit ups</p>	<p>24 SPRINGBREAK Do a superhero workout or yoga Walk outside for 10 minutes</p>	<p>25 SPRINGBREAK 10 knee lifts 10 push ups 20 butterfly kicks 5 push ups</p>	<p>26 SPRINGBREAK 10 jumping jacks 10 sky reaches 10 jumping jacks 10 sky reaches</p>	<p>27 Watch March Madness Basketball Sweet 16 games on TV and pretend to shoot 10 free throws</p>
<p>28 CLEAN YOUR ROOM!! Pack your backpack and get your clothes ready for school</p>	<p>29 Balance a book on your head for 20 seconds 10 wall push ups 10 squats</p>	<p>30 10 jumping jacks 10 sit ups 10 jumping jacks 10 sit ups</p>	<p>31 Practice jumping and spinning 10 times 20 steps up while your arms shoulder press</p>			