

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Moline Fitness Calendar January 2021</i>				1 Do a superhero workout or yoga	2 Dance with your family
3 Do Animal Exercises video with your family CLEAN your room!!	4 10 jumping jacks 8 sky reaches 10 jumping jacks 8 sky reaches	5 20 step ups 10 shoulder press 20 step ups 10 shoulder press	6 Yoga Video from Vitale Classroom 	7 Balance a book on your head for 10 seconds 10 wall push ups 10 squats	8 20 step ups 10 knee lifts 10 side reaches REPEAT	9 Play a card game with your family Try to walk outside for 10 minutes Clean your room!!
10 Do a superhero workout or yoga	11 5 burpees 20 butterfly kicks 20 spider stretches	12 10 jumping jacks 10 sky reaches 10 wall push ups REPEAT	13 Yoga Video from Vitale Classroom 	14 20 step ups 10 shoulder press 20 step ups 10 shoulder press	15 Write the words THANK YOU while in push up position	16 Practice jumping and spinning 10 times then toss and catch 10 times
17 10 jumping jacks with criss cross legs 10 sit ups Clean your room!!	18 NO SCHOOL **Your choice of exercises for your arms, legs and stomach**	19 5 burpees 10 knee lifts 10 side reaches 20 spider stretches	20 Yoga Video from Vitale Classroom 	21 10 jumping jacks 10 squats 10 wall push ups REPEAT	22 10 jumping jacks 10 butterfly kicks 10 sky reaches	23 Do a backpack workout and then clean your room!!
24/31 Play a card game with your family	25 Balance in plank for 30 seconds 20 jumping jacks	26 20 step ups 10 shoulder press REPEAT	27 Yoga Video from Vitale Classroom 	28 10 butterfly kicks 10 sky reaches REPEAT	29 Dance the Cha Cha Slide	30 Do a superhero workout or yoga