


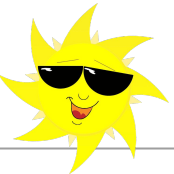


Moline Fitness Calendar

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 jumping jacks 10 sit ups 10 jumping jacks 10 sit ups	2 NO SCHOOL Practice juggling 2 paper balls for 1 minute 10 mountain climbers	3 Toss and catch a paper ball with a partner or off the wall. Then try it with 2 paper balls!
4 Dance with your family and then write a nice note to someone. Happy Easter!	5 Write the words TEAMWORK on a piece of paper while in push up position 10 sit ups	6 10 jumping jacks 8 sky reaches 10 jumping jacks 8 sky reaches	7 10 knee lifts 10 push ups 20 butterfly kicks 5 push ups	8 Balance a book on your head for 20 seconds 10 wall push ups 10 squats	9 Jog in place with your backpack on your back for 30 seconds 5 backpack burpees	10 Dance with your family and then draw a picture of your family dancing.
11 Play a card game with your family CLEAN YOUR ROOM!!	12 Practice jumping and spinning 10 times 20 steps up while your arms shoulder press	13 Balance a book on your head for 30 seconds then try to do 10 squats while keeping the book balanced	14 Practice juggling 2 paper balls for 1 minute 10 mountain climbers	15 Jog in place with your backpack on your back for 30 seconds 5 backpack burpees	16 Toss and catch a paper ball with a partner or off the wall. Then try it with 2 paper balls!	17 Watch March Madness Basketball Games on TV and pretend to shoot 10 free throws
18 Your choice of outdoor exercise and CLEAN YOUR ROOM!!	19 10 jumping jacks 10 sky reaches 10 jumping jacks 10 sky reaches	20 Practice juggling 2 paper balls for 1 minute 10 push ups or 10 sit ups	21 10 jumping jacks 10 sky reaches 10 jumping jacks 10 sky reaches	22 Write the words TEAMWORK on a piece of paper while in push up position 10 sit ups	23 10 jumping jacks 10 sky reaches 10 jumping jacks 10 sky reaches	24 Watch March Madness Basketball Sweet 16 games on TV and pretend to shoot 10 free throws
25 CLEAN YOUR ROOM!! Pack your backpack and get your clothes ready for school	26 Balance a book on your head for 20 seconds 10 wall push ups 10 squats	37 10 jumping jacks 10 sit ups 10 jumping jacks 10 sit ups	28 Practice jumping and spinning 10 times 20 steps up while your arms shoulder press	29 10 knee lifts 5 push ups 10 knee lifts 5 push ups	30 Practice juggling 2 paper balls for 1 minute 20 butterfly kicks	