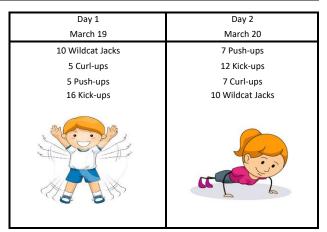
## PHYSICAL FITNESS EVERY DAY - March 2020



- 1. Do what is listed for each day.
- 2. Go for a run/walk with family members every weekday.
- 3. Check off each day that you complete.
- 4. Return this sheet with your school work packet.





| Day 3<br>March 23       | Day 4<br>March 24       | Day 5<br>March 25          | Day 6<br>March 26                       | Day 7<br>March 27       |
|-------------------------|-------------------------|----------------------------|---|-------------------------|
| 10 Trunk Twisters       | 20 Arm Circles          | Floss Dance for 40 Seconds | Twisting Toe Touchers - 15 on each side | Jog in Place 40 Seconds |
| 8 Curl-ups              | 12 Squats               | 10 Squats                  | 20 Wildcat Jacks                        | 15 Squats               |
| 8 Push-ups              | Jog in Place 35 Seconds | 10 Push-ups                | 10 Curl-ups                             | 24 Arm Circles          |
| Jog in Place 30 Seconds | 16 Kick-ups             | 12 Wildcat Jacks           | 10 Push-ups                             | 8 Curl-ups              |
|                         |                         |                            |   |                         |

| Day 8<br>March 30             | Day 9<br>March 31       | Day 10<br>April 1         | Day 11<br>April 2       | Day 12<br>April 3                      |
|-------------------------------|-------------------------|---------------------------|-------------------------|--|
| 8 Side Stretches on each Side | 14 Kick-ups             | March in Place 45 Seconds | 15 Squats               | 10 Curl-ups                            |
| 15 Jumping Jacks              | 18 Jumping Jacks        | 20 Jumping Jacks          | 12 Trunk Twisters       | Floss Dance for 40 Seconds             |
| 10 Curl-ups                   | Jog in Place 40 Seconds | 10 Curl-ups               | Jog in Place 45 Seconds | 20 Wildcat Jacks                       |
| 8 Push-ups                    | 10 Curl-ups             | 10 Push-ups               | 10 Push-ups             | Twisting Toe Touches - 15 on each side |
|                               |                         |                           |                         |  |

If you haven't come back to school when you finish these, repeat the sequence again. Keep going until you come back to school.

