

Name \_\_\_\_\_

**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 1 March 19	Day 2 March 20
10 Wildcat Jacks 5 Curl-ups 5 Push-ups 16 Kick-ups	7 Push-ups 12 Kick-ups 7 Curl-ups 10 Wildcat Jacks

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

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



