

December Fitness Calendar

Name: _____

Week 1	10 jumping jacks 20 second plank 10 push ups Repeat 3-5 times	1 minute sit-stand 30 second wall sit 30 second line jumps Repeat 3-5 times	10 burpees 30 second mountain climbers 15 jumping jacks 30 second power punches Repeat 3-5 times	Walk, jog or roll 10 minutes	10 yard walk/roll/run 10 ball taps 10 push ups Repeat 3-5 times	10 minute walk, roll or jog 30 second wall sit 30 sec plank Repeat plank & wall sit 3-5 times	10 lateral bend (each side) 5 standing long jump practices 1 minute lane slides Repeat 3-5 times	Free Space	Free Space
Week 2	10 straight leg raises (each side) 15 curl ups 20 jumping jacks Repeat 3-5 times Exercises from FIT 5* (level1)	10 yard walk/roll/run 10 ball taps 10 push ups Repeat 3-5 times	Free Space	Walk, jog or roll 15 minutes	10 Burpees 10 Push ups 1 minute sit-stand Repeat 3-5 times	Free Space	10 minute walk, roll or jog 30 second wall sit 30 second plank Repeat plank & wall sit 3-5 times	5-10-5 test 1 minute land slides 30 second plank Repeat 3-5 times	20 chair squats 1 minute jog in place 1 minute step ups Repeat 3-5 times Exercises from FIT 5* (level2)
Week 3	Free Space	20 Hip Bridges 10 chair dips 10 back lunge Exercises from FIT 5* (level15)	Walk, jog, or roll 20 minutes	Stretch Day! 30 seconds Each calf stretch child pose knee to chest Exercises from FIT 5* (level1)	Free Space	5-10-5 Test 1 minute power punches 1 minute ball taps 10 burpees Repeat 3-5 times	10 minute walk, jog, roll 10 push ups 10 sit to stands 30 second plank Repeat push up, plank, sit-stand 3-5times	30 second mountain climbers 1 minute line jumps 10 jumping jacks Repeat 3-5 times	Stretch Day! 30 seconds Each Quadriceps stretch (each side) Modified Hurdle Stretch Chest Stretch Exercises from FIT 5* (level2)
Week 4	Stretch Day! 30 seconds Each calf stretch child pose knee to chest Exercises from FIT 5* (level1)	Walk, jog or roll 30 minutes	Stretch Day! 30 seconds Each calf stretch child pose knee to chest Exercises from FIT 5* (level1)	Free Space	Walk, jog or roll 10 minute	10 jumping jacks 20 second plank 10 push ups Repeat 3-5 times	10 burpees 30 second mountain climbers 15 jumping jacks 30 second power punches Repeat 3-5 times	10 straight leg raises (each side) 15 curl ups 20 jumping jacks Repeat 3-5 times Exercises from FIT 5* (level1)	Free Space

Circle all of the workouts you did that week. If you did your own workout, write it in the free space & circle the box.

For the 7 exercises portion, this month pick the 7 exercises you will "compete" in then write

Where to send calendar at end of the month

Email: Ops@SpecialOlympicsMA.org
Mail: 512 Forest St, Marlborough MA 01752

7 Exercises Score: Pick the 7 Exercise you will compete in

1.	5.
2.	5.
3.	6.
4.	7.