



Fitness is SPRING-tacular!

APRIL


























 = 25 Mountain Climbers
= 20 Jumping Jacks
= 20 Sit-Ups

 = 20 Squats
= 30 Second Plank Hold
= 25 High Jumps

 = 20 Alternating Lunges
= 25 Mountain Climbers
= 10 Push-Ups


Level 1 Finish 1 round
Level 2 Finish 2 rounds
Level 3 Finish 3 rounds


- #1 Find the day on the calendar
- #2 Match picture to the exercises
- #3 Check off the completed day!


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2 	3 	4 
5	6 	7 	8 	9 	10 DAY OFF	11 
12 DAY OFF	13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 DAY OFF	25 
26 	27 	28 	29 	30 DAY OFF		

Summertime Fitness!

May



























 = 25 Squats
 = 20 Mountain Climbers
 = 30 Second Plank Hold

 = 20 High Jumps
 = 30 Scissor Lunges
 = 15 Push-Ups

 = 20 Alternating Lunges
 = 25 Mountain Climbers
 = 5 Burpees

Level 1 Finish 1 round
 Level 2 Finish 2 rounds
 Level 3 Finish 3 rounds

- #1 Find the day on the calendar
- #2 Match picture to the exercises
- #3 Check off the completed day!

SUN	MON	TUE	WED	THU	FRI	SAT
					 1	 2
 3	 4	 5	 6	 7	 8	DAY OFF 9
DAY OFF 10	 11	 12	 13	 14	 15	 16
 17	 18	 19	 20	DAY OFF 21	 22	 23
 24/31	 25	 26	 27	 28	 29	DAY OFF 30