



January 2012

Secondary Physical Activity Calendar



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 Teach a family member how to do burpees. Then challenge them to see who can do more in 30 seconds.	2 <u>Skull Crushers</u> Lay on your back holding an EZ bar. Lower the bar until it's close to your head. Use your triceps to lift it back up	3 <u>Long Arm Crunches</u> 4 sets of 20 Do crunches with your arms straight out in front of you.	4 <u>Preacher Curls on Physio Ball</u> Lean forward with knees on the ground and chest on the ball. 3 sets of 10 biceps curls	5 <u>Physio Ball Leg Curls 4 sets of 15</u> Lie on your back and put your heels up on the physio ball.	6 <u>Body Weight Jump Squats</u> 3 sets of 20	7 30 seconds of each 3 times through Jumping Jacks Mountain Climbers Burpees Step-ups
8 Get an exercise DVD and do it with the whole family	9 <u>In and Outs</u> Alternate between close grip push-ups and regular pushups each time. Try and do 10 in a row. Can you do 3 sets of them?	10 <u>Stairs</u> Jog up and down a flight of stairs for 20 minutes without stopping.	11 <u>Back – Lat Pull Downs</u> 3 sets of 12 Biceps – Alternating Hammer Curls 3 sets of 12	12 Grab a friend, go to the track and see who can run a mile faster	13 <u>Standing Overhead Dumbbell Press</u> 3 sets of 12	14 <u>Sprints</u> Start at yours and sprint the length of three mailboxes. No mailboxes? Use buildings.
15 Up, Up, Down, Downs Using a step, see who in the family can complete the most step ups in one minute.	16 <u>Close Grip Bench Press</u> Put your hands closer together on the bar and bench press.	17 Jog, walk, or run for 30 minutes on a treadmill	18 EZ Bar Biceps Curls 3 sets of 10	19 4 sets of Russian Twists w/ a Physio Ball	20 <u>Rear Dumbbell Raises</u> Bend at the knees and spread your arms lifting dumbbells with your back.	21 <u>Basketball</u> Weather permitting, get some friends and play a game of basketball at the park.
22 Split up the chores and see how fast your family can do the dishes, vacuum, dust and clean up everyone's rooms.	23 <u>Triceps Dips</u> With your hands on a bench and your feet on a chair	24 <u>Jump Rope</u> As fast as you can for one minute, rest 1 min, repeat 5 times	25 <u>Back: Standing Dumbbell Rows – 3 sets of 12</u> Biceps: Reverse barbell curls - 3 sets of 12	26 <u>Up Hill Sprints</u> Find a hall, sprint up it, jog down it, repeat 10 times.	27 <u>Split Squats W/ Dumbbells</u> Do 10 squats from a lunge position. Switch legs out front and repeat.	28 <u>Distance Run</u> Test yourself. See how long you can run without stopping.
29 <u>Side Plank Competition</u> See which family member can hold a side plank the longest.	30 <u>Incline Bench Press With Dumbbells</u> 3 sets of 10	31 Compete against a friend to see who can complete 50 burpees, 50 crunches and 20 push ups first.	HAPPY NEW YEAR! From the National Association for Sport and Physical Education			