



September 2011

Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Plan to participate in Hershey's Track and Field Games as part of your 2011/2012 school year by registering your school's fun day/field day as a local meet. Use the prepared lesson plan and checklist to get started. It's a free program for kids 9-14 where they can advance and become eligible to attend an all expenses paid trip to Hershey, PA in August for the North American Final. Visit www.hersheystrackandfield.com</p>				<p>1 4 sets of 20 Russian Twists w/ ball</p>	<p>2 Shoulders – Straight bar front raises 3 sets of 12 Legs – Quadriceps Extensions. 3 sets, low weight until exhaustion</p>	<p>3 Jump Rope Intervals 1 minute on one minute off for 20 total minutes</p>
<p>4 Go for an early morning walk with your whole family</p>	<p>5 Chest – Alternating hand medicine ball push-ups. 3 sets ea. Until exhaustion Triceps – 3 sets of triceps pushdowns each until exhaustion</p>	<p>6 4 sets of 20 Long Arm Crunches Do crunches with your arms straight out in front of you</p>	<p>7 Back – Lat Pull downs, 3 sets of 12 Biceps – Single arm Hammer Curls, 3 sets of 12 reps</p>	<p>8 Play tennis w/ a friend</p>	<p>9 Shoulders – Seated, alternating arm military press with dumbbells. Legs – Hamstring curls, 3 sets, low weight, until exhaustion</p>	<p>10 Jog on a treadmill for 30 min</p>
<p>11 Have a catch with a parent or sibling</p>	<p>12 Chest – Dumbbell Bench Press w/ back on a physio ball. 3 sets of 10 Triceps – Seated French Press, 3 sets of 12 reps</p>	<p>13 Jump rope as fast as you can for one minute then take one minute off. Repeat 10x's</p>	<p>14 Back – Seated Row, 3 sets of 12 Biceps – Barbell Curls, 3 sets of 8-12 reps</p>	<p>15 Stand back to back with a friend – 3 sets of 20 standing core rotations w/ball</p>	<p>16 Shoulders – 3 sets of front and side elbow planks for 1 min ea. Legs – 3 sets of calf raises on a bosu ball until exhaustion</p>	<p>17 Go for a swim!</p>
<p>18 Go on a family hike at a local state park</p>	<p>19 Chest: Dumbbell Flies Triceps: http://www.5min.com/Video/How-to-do-Skull-Crushers-Triceps-Exercise-100437939</p>	<p>20 4 sets of 20 V-sit Crunches Stick your arms and legs straight out and touch your fingers to your toes</p>	<p>21 Back – Reverse Flies sitting on a physio ball Biceps – Incline Dumbbell Curls (seated on incline bench) 8-12 reps</p>	<p>22 Grab a friend, go to the track and see who can run a mile faster</p>	<p>23 Leg Circuits (yikes!) 20 reps of each 4 times through: Body weight squats Alternate leg lunges Step ups w/ jump Jump squats</p>	<p>24 Go for a Bike Ride</p>
<p>25 Sign your family up for a local 5k run/walk</p>	<p>26 Chest – Close grip push-ups on a medicine ball. 3 sets until exhaustion Triceps – Weighted Dips. Place a 45lb plate on your lap!</p>	<p>27 Do 50 Burpees Don't know what they are? http://www.youtube.com/watch?v=c_Dq_NCzj8M</p>	<p>28 Back – Pull-ups, 3 sets until exhaustion Biceps – EZ Bar Curls, 3 sets 8-12 reps</p>	<p>29 Medicine Ball Power Slams w/ a friend Hold a medicine ball up over your head and then slam it down on the ground as hard as you can!</p>	<p>30 Shoulders – Reverse Dumbbell flies 3 sets of 12 reps Legs – Leg Press, 4 sets each until exhaustion</p>	