



FITNESS CHALLENGE

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 Arm Circles 10 Bicycles	2 7 Pushups 10 Crunches	3 10 Arm Circles 10 Bicycles	4 CARDIO DAY (1 MIN)	5 7 Pushups 10 Crunches	6 15 Arm Circles 10 Bicycles	7 7 Pushups 10 Crunches
8 15 Arm Circles 12 Bicycles	9 10 Pushups 15 Crunches	10 20 Arm Circles 12 Bicycles	11 CARDIO DAY (2 MIN)	12 10 Pushups 15 Crunches	13 20 Arm Circles 12 Bicycles	14 10 Pushups 15 Crunches
15 25 Arm Circles 15 Bicycles	15 13 Pushups 18 Crunches	17 25 Arm Circles 15 Bicycles	18 CARDIO DAY (3 MIN)	19 13 Pushups 18 Crunches	20 30 Arm Circles 15 Bicycles	21 13 Pushups 18 Crunches
22 30 Arm Circles 18 Bicycles	23 16 Pushups 20 Crunches	24 30 Arm Circles 18 Bicycles	25 CARDIO DAY (4 MIN)	26 16 Pushups 20 Crunches	27 35 Arm Circles 18 Bicycles	28 16 Pushups 20 Crunches
29 35 Arm Circles 25 Bicycles	30 20 Pushups 25 Crunches	31 35 Arm Circles 25 Bicycles				

December Fitness Challenge Calendar – Use these fitness exercise ideas for your program, and encourage kids to continue to stay active with friends and family during winter break!

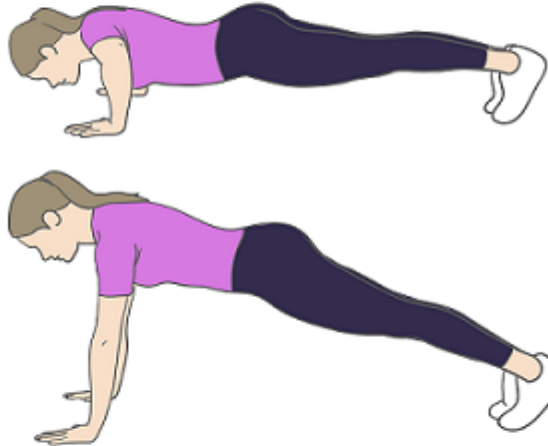
- Arm Circles – repeat movement in opposite direction
- Cardio Day – Jump Rope, Hula Hoop, Jog in Place (choose 1, a combination, or all activities)

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

Push-Ups



Begin in push-up position, on knees or toes. Perform regular push-ups, abs in and back straight.

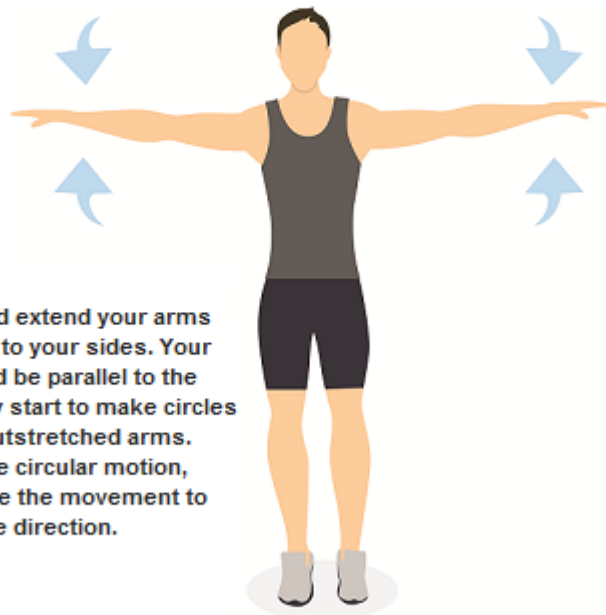
Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

Crunches



Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off of the ground. The hands can be behind or beside the neck or crossed over the chest.

Arm Circles



Stand up and extend your arms straight out to your sides. Your arms should be parallel to the floor. Slowly start to make circles with your outstretched arms. Continue the circular motion, then reverse the movement to the opposite direction.

Bicycle

Lie face up with lower back pressed to the floor. Lightly touch your head above the ears with elbows out, and bend right knee, pulling it towards your chest while touching the knee with the opposite elbow. Begin a slow pedal motion by touching opposite elbow to opposite knee, alternating each side. Keep the abs pulled in and breath continuously.

