



February 2008 Secondary Fitness Calendar Celebrate American Heart Month!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To learn about physical education requirements in your state, check out the Shape of the Nation report at http://www.aahperd.org/naspe/ShapeOfTheNation/</p>			<p>Go to: http://www.shapefit.com/training.html for video examples of exercises.</p>		<p>1 3 sets of 8-12 reps, one arm front deltoid raises; 3 sets of 8-12 reps, reverse dumbbell lunges.</p>	<p>2 Get some track time in! Do straights and curves for 2 miles.</p> 
<p>3 Family Cardio Day!</p> <p>15 min intervals of power walk, jog, power walk, jog. Enjoy a family dinner together tonight!</p>	<p>4 3 sets of 8-12 reps, tricep dips on a bench or chair; 3 sets of 8-12 reps, chest press with weight.</p>	<p>5 Do 3 sets of 20 reps of bent knee ab hip raises. Now get out and shoot some hoops with a friend!</p>	<p>6 3 sets of 8-12 reps, barbell curls; 3 sets of 8-12 reps, superman holds. (Hold for 10 seconds.)</p>	<p>7 Do 3 sets of 20 reps, overhead ab crunches. Followed by 10 reps of hover, 30 second holds. Finish with a 30 minute power walk!</p>	<p>8 3 sets of 8-12 reps, twisting dumbbell presses; 3 sets of 8-12 reps, squats with weight.</p>	<p>9 Try some intervals today! 15 min jump rope, 15 min power walk, 15 min fast break/lay ups across a court, 15 min power walk. Whew!</p>
<p>10 Family Cardio Day!</p> <p>Go for a 1 hour bike ride together.</p> 	<p>11 3 sets of 8-12 reps, dips; 3 sets of 8-12 reps, declined push-ups.</p> 	<p>12 Do ten minutes of hula hooping. Great for your core! Now go out for a 30 minute run. Follow up with ten more minutes of hula hooping. Stretch!</p>	<p>13 3 sets of 8-12 reps, dead lifts; 3 sets of 8-12 reps, chin ups.</p>	<p>14 Happy Valentine's Day!</p> <p>Do 3 sets of 20 reps of your favorite ab exercise. Take a friend out for 60 minutes of your favorite cardio activity.</p>	<p>15 3 sets of 8-12 reps, dumbbell lateral raises; 3 sets of 8-12 reps, calf raises on a step.</p>	<p>16 Get an hour of skateboarding or any roller sport in today. Don't forget your helmet and pads!</p>
<p>17 Family Cardio Day!</p> <p>Get some skiing in today. No snow? Get to a pool and go swimming.</p>	<p>18 3 sets of 8-12 reps, dumbbell pullovers; 3 sets of 8-12 reps, reverse grip bench presses.</p>	<p>19 Do 3 sets of 20 reps medicine ball leg raises. Find a court and play some tennis or racquetball with a friend.</p>	<p>20 3 sets of 8-12 reps, seated dumbbell angled curls; 3 sets of 8-12 reps, single arm dumbbell rows.</p>	<p>21 Do 3 sets of 20 reps fingers to heel oblique touchers. Alternate with 3 sets of 20 reps crunches on an exercise ball.</p>	<p>22 3 sets of 8-12 reps, 2 arm dumbbell upright rows; 3 sets of 8-12 reps, standing leg curls with resistance.</p>	<p>23 Play some ultimate today with friends for at least an hour, any sport.</p>
<p>24 Family Cardio Day!</p> <p>Head out to the skate rink! Ice or roller will give you a great hour workout.</p>	<p>25 3 sets of 8-12 reps, dumbbell kickbacks; 3 sets of 8-12 reps, bench press.</p>	<p>26 Do 3 sets of 20 reps lying reverse ab crunches. Then get out and play some volleyball with a friend!</p>	<p>27 3 sets of 8-12 reps, wide grip pull ups; 3 sets of 8-12 reps, dumbbell concentration curls.</p>	<p>28 Do 3 sets of 20 reps inverted exercise ball leg pull ins. Now take a friend out bowling!</p>	<p>29 3 sets of 8-12 reps, bent over rear deltoid raises; 3 sets of 8-12 reps, walking lunges.</p>	