





January 2008 Secondary Fitness Calendar Outdoor Play Every Day! Winter Wellness Ideas



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sample workouts for different muscle groups can be found at: http://www.netfit.co.uk/training/gymworkouts/index.htm . Click on the menu for the muscle group.	1 Happy New Year! Hold the hover for 30 seconds, and do as many reps as your age! Go out for a 60 minute bike ride.	2 Do 3 sets of 8-12 reps of bicep curls with weight, followed by 3 sets of 8-12 reps of reverse flies.	3 Circle a ball or small weight around your body while seated. Do 3 sets of 8-12 reps. Then go out and play some ultimate Frisbee®!	4 Start with 3 sets of 8-12 reps of seated leg curls. Finish with 3 sets of 8-12 reps of lateral raises with weight.	5 Cardio Blast! Power walk today for 1 hour.
6 Get outdoors and go skiing with your family today!	7 Do 3 sets of 8-12 reps of chest presses, followed by 3 sets of 8-12 reps of tricep dips.	8 Do 3 sets of 8-12 reps of seated knee tucks. Get out with a friend and play basketball for an hour!	9 Begin with 3 sets of 8-12 reps of alternating hammer curls, followed by 3 sets of 8-12 reps of bent over two arm row.	10 Do 3 sets of 8-12 reps of standing side bends with a weight or ball. Finish with 60 min of cardio of your choice.	11 Try 3 sets of 8-12 reps of seated leg extensions, than 3 sets of 8-12 reps of bench flies with weight.	12 Cardio Blast! Head out to the track for a two mile run.
13 Cross country skiing anyone? No snow? Hiking is the next best outdoor trek!	14 Do 3 sets of 8-12 reps of wide arm push-ups, followed by 3 sets of 8-12 reps of tricep kickbacks.	15 Try 3 sets of 8-12 reps of standing rotation of elbow to opposite knee tucks. Alternate jogging and power walking for an hour.	16 Do 3 sets of 8-12 reps of reverse bicep curls, than 3 sets of 8-12 reps of one arm row.	17 Hold the plank on a physio ball for 3 sets of 8-12 reps. Go out for some evening skiing!	18 Do 3 sets of 8-12 reps of calf raises off a step, followed by 3 sets of 8-12 reps of shoulder press with weight.	19 Cardio Blast! Get into the holiday spirit with an after dinner jog to view the neighborhood decorations.
20 Get out to the local animal shelter and volunteer to walk the dogs for an hour.	21 Perform 3 sets of the breast stroke holding a light weight. Make smooth, circular movements to tolerance; then 3 sets of 8-12 reps of tricep extensions with wt.	22 Do 3 sets of 8-12 reps of superman on a physio ball or ottoman. Go skateboarding or skating with a friend for an hour.	23 Perform 3 sets of 8-12 reps of inclined bench dumbbell curls, followed by 3 sets of 8-12 reps of reverse grip bent over rows.	24 Perform 3 sets of 8-12 reps of weighted v-sits with a small weight or ball. Go bowling with some friends!	25 Start with 3 sets of 8-12 reps of adductor and abductor pulls w/ankle weight. Finish with 3 sets of 8-12 reps of pushups.	26 Cardio Blast! A great winter workout can be had at the pool! Swim today for one hour.
27 Go to the local ice rink or skate park and play some hockey today with friends.	28 Bench press for 3 sets of 8-12 reps, than tricep push-ups for 3 sets of 8-12 reps.	29 Reverse curls with a ball between your feet for 3 sets of 8-12 reps. Do 45 minutes of stair climbing or aerobic step.	30 Alternating bicep curls for 3 sets of 8-12 reps, followed by seated rows with cable or dynaband for 3 sets of 8-12 reps.	31 Pass a small ball under both legs for 30 sec each direction and for 3 sets. Bike for 1 hour.	 <p>Duplicated with permission from the National Association for Sport and Physical Education (NASPE). To assess whether your child is receiving a quality physical education program, visit www.naspeinfo.org/observePE for an observation assessment tool.</p>	