

















# March 2008

## Secondary Fitness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>30</b> Play some indoor hoops or volleyball. Nice weather? Take a walk outside for an hour.</p> 	<p><b>31</b> Hold a basketball in the "triple threat" position under you chin, squat position. Jump and extend ball over your head; repeat for 15 reps. Do 3 sets.</p>		<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 <a href="http://www.naspeinfo.org/observePE">www.naspeinfo.org/observePE</a> for an observation assessment tool.</p>			<p><b>1</b> Shovel snow for 30 minutes! Then try a 30 minute jog. Watch for ice! Dry weather? Sweep!</p> 
<p><b>2</b> Rest today by working on some static flexibility exercises that you learned in PE class. Make it a nice long session.</p>	<p><b>3</b> 3 sets of 15 reps of jump squats. Do 15 push-ups between each set of jump squats.</p>	<p><b>4</b> Jump rope today for as long as you can. Rest. Repeat 4 more sets of this jump rope exercise. Fit in 4 sets of your favorite ab exercise.</p>	<p><b>5</b> 3 sets of 20 push-ups. Alternate with 1set of 20 reps walking lunges.</p>	<p><b>6</b> Multi-mile run today! Stay warm. Static stretch and walk for a cool down!</p> 	<p><b>7</b> 3 sets of 15 crunches with knees tucked to chest. Follow with 3 sets of 15 twisting crunches.</p>	<p><b>8</b> Grab a pair of old ski poles and go Nordic walking through your neighborhood. Add a cool down walk.</p>
<p><b>9</b> Try some hip hop today.</p> 	<p><b>10</b> 3 sets of 20 walking lunges for 1 minute, alternate each leg. Keep knee over your ankle. Rest between sets by walking for 1 minute.</p>	<p><b>11</b> Go for a 35 minute run or run upstairs and walk down stairs for 35 minutes.</p>	<p><b>12</b> How many pushups can you do in 2 minutes today?</p> 	<p><b>13</b> Run for 5 minutes, walk for 5 minutes, repeat for a total of 1 hour today.</p>	<p><b>14</b> 3 sets of 25 standing ab work. Bring left knee to right elbow; alternate. Then do 2 sets of 35 crunches.</p>	<p><b>15</b> Jump rope for 3 minutes, walk for 1 minute. Repeat this for 25 minutes. Add some ab work at the end.</p> 
<p><b>24</b> Google search "yoga" and do some yoga today with a friend.</p> 	<p><b>25</b> 3 sets of 20 second "wall squats". Back against the wall with body in full squat position.</p>	<p><b>18</b> Take a jog today for 40 minutes with a friend. Make sure to walk if there is ice in your "neck of the woods".</p>	<p><b>19</b> Perform 15 push-ups, then 15 "mountain climbers", rest. Repeat for 3 sets.</p> 	<p><b>20</b> 3 sets of 15 reps of twisting curls on a stability ball or bench.</p> 	<p><b>21</b> 3 sets of 30 sec holds. It's called the hover—great for the transverse abdominus.</p> 	<p><b>22</b> Wind sprints: use a deck of cards. Sprint for the amount of seconds that the numbered cards bring up. Face cards sprint for 20 seconds. Go through half the deck!</p>
<p><b>24</b> Take a friend or your family for a 40 minute power walk. Then go bowling!</p> 	<p><b>25</b> 3 sets of 20 second wall squats. Put your back against the wall with body in full squat position. Follow with 3 sets of 20 reps of tricep dips on a bench or chair.</p>	<p><b>25</b> Run-walk-run for any interval time you decide upon for a total of 45 minutes of cardio today!</p>	<p><b>26</b> How many push-ups can you do in 4 minutes today? Try four intervals of this, then 3 sets of 12-15 dead lifts.</p>	<p><b>27</b> Power walking today for 45 minutes. Take a friend and walk against traffic.</p> 	<p><b>28</b> Put a basketball size ball between your ankles. Lie down and lift legs up to bring ball to hands. Bring arms up and behind you. Pass the ball back to legs 15 times.</p>	<p><b>29</b> Go to: <a href="http://www.easyvigour.net.nz/pilates/h_pilates_classic.htm">http://www.easyvigour.net.nz/pilates/h_pilates_classic.htm</a> and teach yourself 4 Pilates exercises. Try each one!</p>