





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	2 Snake/Cobra Pose Hold Snake/Cobra Pose for 30 seconds. 	3 High Skips ♥ Do five sets of 10 high skips. Really lift those arms and knees! Wear red!	4 Tabata ♥ Jump squats 20 seconds of work 10 seconds of rest 8 rounds
5 How Fast Can You Go? ♥ Pick a distance and see how fast you can run the distance. What's your best time?	6 Leg throws Partner 1 lies on his/her back while partner 2 holds partner one's ankles. Partner 2 will throw partner one's ankles in different directions. Switch after 15 reps.	7 Carioca ♥ Move with your shoulders facing forward. Say to yourself: Side, front, side, back	8 Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.	9 Jump Rope ♥ Jump rope for 100 consecutive jumps. Do these 10 different times to strengthen your heart and lungs.	10 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.	11 Flamingo Pose Balance on one leg lifting the opposite leg back to hip height. 
12 Exercise DVD ♥ Get an exercise DVD or find one on the internet and do it with the whole family.	13 Slide, Slide, Sprint ♥ Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.	14 Leg Day ♥ 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Stretch	15 Frog Pose Squat down like a frog with your hands by your feet. 	16 Crazy 8's ♥ 8 jumping jacks 8 tuck jumps 8 high knees 8 scissor jumps	17 Shuffle Squat ♥ Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.	18 Handstands Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.
19 Jump, Jump ♥ Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice and try to beat your score!	20 How long can you go? ♥ On a treadmill or outside test your cardio endurance and see how long you can run without stopping. Stretch when done.	21 Tabata ♥ Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds	22 Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together.	23 Cardio and Stretch ♥ Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.	24 How Fast Can You Go? ♥ Remember your distance from earlier this month? Run it again and try to beat your time.	25 Commercial Break During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?
26 Kick City ♥ 20 side kicks 20 front kicks 20 back kicks	27 Just Dance ♥ Put your favorite song on and make up a dance to it!	28 4 for 10 ♥ 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold	National Health Observances: <ul style="list-style-type: none"> American Heart Month National Children's Dental Health Month Teen Dating Violence Awareness Month Feb. 5th National Wear Red Day Feb. 3rd National Black HIV/AIDS Awareness Day ♥ = Heart Healthy Activities		SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!	