


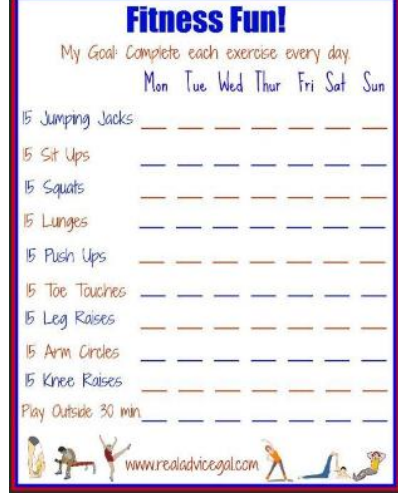
Monday	Tuesday	Wednesday	Thursday	Friday

Choose your own adventure.

Compile your own fitness program this week. Choose from the activities below.

OR revisit some from previous weeks.

OR use your own ideas.

<p>Have a disco party evening. Choose some of their favourite dance tunes. Dim the lighting. Let the kids take turns with torches as strobe lights.</p>	<p>PE with Joe. New exercise session uploaded every day and you can also go back to previous sessions. https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</p>	<p>Balloon Ball! There are endless ways to play with balloons indoors. Try to keep it off the ground or just play catch. Mix it up with balloon tennis!</p>	<p>Target Practice! Create a target on a wall/post/tree and throw using either overarm or underarm. Each time you hit the target move back two steps. Invite family members to play.</p>
<p>Crab Soccer! This game can be played indoors or out. You will need four markers for goals and a soft ball or a balloon. Players must stay in a crab like posture and use their feet to kick the ball into the goal. This game can include two or more players.</p>	 <p>Monday 20 Squats 15 sec Plank 25 Crunches 35 Jumping Jacks 15 Lunges 25 sec Wall Sit 10 Sit ups 10 Butt Kicks 5 Push ups</p> <p>Tuesday 10 Squats 30 sec Plank 25 Crunches 10 Jumping Jacks 25 Lunges 45 sec Wall Sit 35 Sit ups 20 Butt Kicks 10 Push ups</p> <p>Wednesday 15 Squats 40 Second Plank 30 Crunches 50 Jumping Jacks 25 Lunges 35 sec Wall Sit 30 Sit ups 25 Butt Kicks 10 Push ups</p> <p>Thursday 35 Squats 30 sec Plank 20 Crunches 25 Jumping Jacks 15 Lunges 60 sec Wall Sit 55 Sit ups 35 Butt Kicks 20 Push ups</p> <p>Friday 25 Squats 60 sec Plank 30 Crunches 55 Jumping Jacks 60 Lunges 45 sec Wall Sit 40 Sit ups 50 Butt Kicks 30 Push ups</p> <p>Sat/Sun REST</p> <p>ELFITNESS.net</p>	<p>Follow Me! Create an obstacle course using natural and manmade materials. Create rules for what you can and cannot do. Invite a family member to complete the course with you.</p>	 <p>Fitness Fun! My Goal: Complete each exercise every day. Mon Tue Wed Thur Fri Sat Sun</p> <p>15 Jumping Jacks: _____</p> <p>15 Sit Ups: _____</p> <p>15 Squats: _____</p> <p>15 Lunges: _____</p> <p>15 Push Ups: _____</p> <p>15 Toe Touches: _____</p> <p>15 Leg Raises: _____</p> <p>15 Arm Circles: _____</p> <p>15 Knee Raises: _____</p> <p>Play Outside 30 min: _____</p> <p>www.realadvicegal.com</p>