S&S Worldwide

Fitness Challenge

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8 Basic Lunges 8 Squat Jumps	2 30 Heel Kicks 8 Jump and Twists	3 CARDIO DAY (2 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	4 8 Basic Lunges 8 Squat Jumps	5 30 Heel Kicks 8 Jump and Twists	6 8 Basic Lunges 8 Squat Jumps
7 30 Heel Kicks 8 Jump and Twists	8 11 Basic Lunges 10 Squat Jumps	9 40 Heel Kicks 10 Jump and Twists	10 CARDIO DAY (2.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	11 11 Basic Lunges 10 Squat Jumps	12 40 Heel Kicks 10 Jump and Twists	13 11 Basic Lunges 10 Squat Jumps
14 40 Heel Kicks 10 Jump and Twists	15 15 Basic Lunges 12 Squat Jumps	16 50 Heel Kicks 12 Jump and Twists	17 CARDIO DAY (3.5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	18 15 Basic Lunges 12 Squat Jumps	19 50 Heel Kicks 12 Jump and Twists	20 15 Basic Lunges 12 Squat Jumps
21 50 Heel Kicks 12 Jump and Twists	22 17 Basic Lunges 15 Squat Jumps	23 60 Heel Kicks 15 Jump and Twists	24 CARDIO DAY (4 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE	25 17 Basic Lunges 15 Squat Jumps	26 60 Heel Kicks 15 Jump and Twists	27 17 Basic Lunges 15 Squat Jumps
28 60 Heel Kicks 15 Jump and Twists	29 20 Basic Lunges 20 Squat Jumps	30 100 Heel Kicks 20 Jump and Twists	31 CARDIO DAY (5 MIN) SKIP, JOG IN PLACE AND/OR JUMP ROPE			

Get Active for the New Year!

Use this printable calendar to keep kids active during the month of January! Great for both PE and afterschool. Encourage students to take this home and get their family and friends involved!

For Basic Lunges, do the number listed for each side

CARDIO DAY – choose one, a combination, or all activities listed

Find the visuals for each fitness activity below.

Special thanks to the Alliance for a Healthier Generation

Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

FITNESS BREAKS PRE-GAME



BASIC Lunges

Step forward with right leg. Land softly on heel then forefoot. Lower body by flexing knee and hip of front leg until front knee is at 90 degrees. Return to original standing position by extending hip and knee of forward leg. *Repeat by alternating lunge with opposite leg.*

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FITNESS BREAKS MVP



SQUAT Jumps

Start with feet shoulder width apart. Squat down (sit back) with arms extended. Explode up and reach up. Land softly on both feet. *Repeat.*

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Source: Fitness Trail Stations

FITNESS BREAKS PRE-GAME



Heel KICKS

Start with a light jog. Pull the heel of the lower leg up to and bounce off the buttock.

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FITNESS BREAKS OVERTIME



JUMP AND Twist

Jump up and rotate body.
Land softly on the balls of the feet.

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Source: Fitness Trail Stations