



# FITNESS CHALLENGE

## December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8 Arm Circles 5 Bicycles	2 CARDIO DAY (1 MIN)	3 3 Pushups 5 Crunches	4 8 Arm Circles 5 Bicycles	5 3 Pushups 5 Crunches
6 10 Arm Circles 12 Bicycles	7 5 Pushups 8 Crunches	8 10 Arm Circles 12 Bicycles	9 CARDIO DAY (2 MIN)	10 5 Pushups 8 Crunches	11 10 Arm Circles 12 Bicycles	12 5 Pushups 8 Crunches
13 15 Arm Circles 15 Bicycles	14 7 Pushups 10 Crunches	15 15 Arm Circles 15 Bicycles	16 CARDIO DAY (3 MIN)	17 7 Pushups 10 Crunches	18 15 Arm Circles 15 Bicycles	19 7 Pushups 10 Crunches
20 20 Arm Circles 18 Bicycles	21 9 Pushups 12 Crunches	22 20 Arm Circles 18 Bicycles	23 CARDIO DAY (4 MIN)	24 9 Pushups 12 Crunches	25 20 Arm Circles 18 Bicycles	26 9 Pushups 12 Crunches
27 25 Arm Circles 20 Bicycles	28 10 Pushups 15 Crunches	29 25 Arm Circles 20 Bicycles	30 CARDIO DAY (5 MIN)	31 10 Pushups 15 Crunches		

**December Fitness Challenge Calendar** – Use these fitness exercise ideas for your program, and encourage kids to continue to stay active with friends and family during winter break!

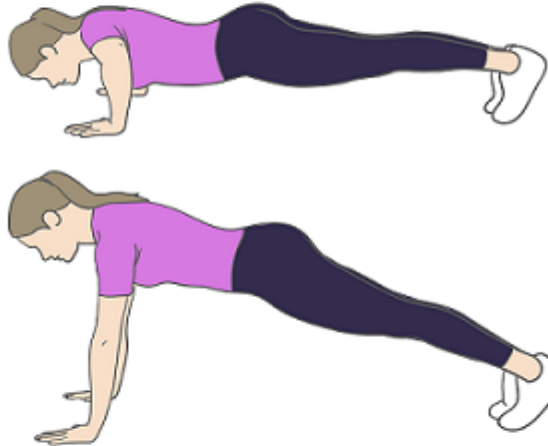
- Arm Circles – repeat movement in opposite direction
- Cardio Day – Jump Rope, Hula Hoop, Jog in Place (choose 1, a combination, or all activities)

Special thanks to:



Visit [www.healthiergeneration.org](http://www.healthiergeneration.org) for more ideas on how to inspire a healthy, active lifestyle.

# Push-Ups



Begin in push-up position, on knees or toes. Perform regular push-ups, abs in and back straight.

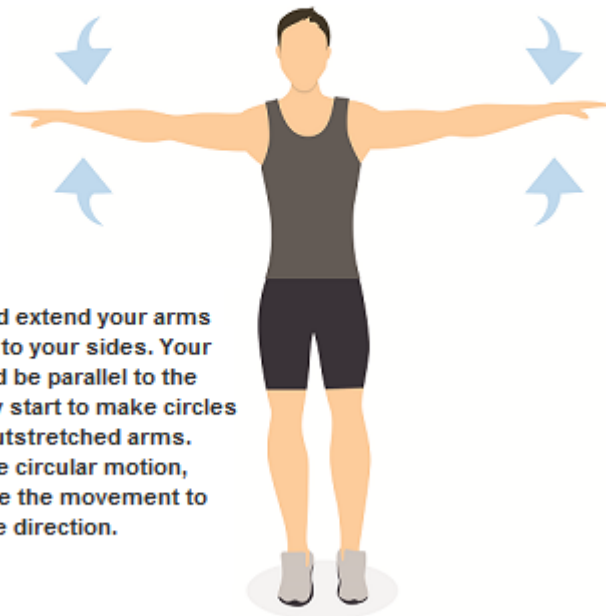
Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

# Crunches



Begin by lying face up on the floor with knees bent in the air. Curl the shoulders towards the pelvis and lift your shoulders up off of the ground. The hands can be behind or beside the neck or crossed over the chest.

# Arm Circles



Stand up and extend your arms straight out to your sides. Your arms should be parallel to the floor. Slowly start to make circles with your outstretched arms. Continue the circular motion, then reverse the movement to the opposite direction.

# Bicycle

Lie face up with lower back pressed to the floor. Lightly touch your head above the ears with elbows out, and bend right knee, pulling it towards your chest while touching the knee with the opposite elbow. Begin a slow pedal motion by touching opposite elbow to opposite knee, alternating each side. Keep the abs pulled in and breath continuously.

