



FITNESS CHALLENGE

December 2021

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

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!

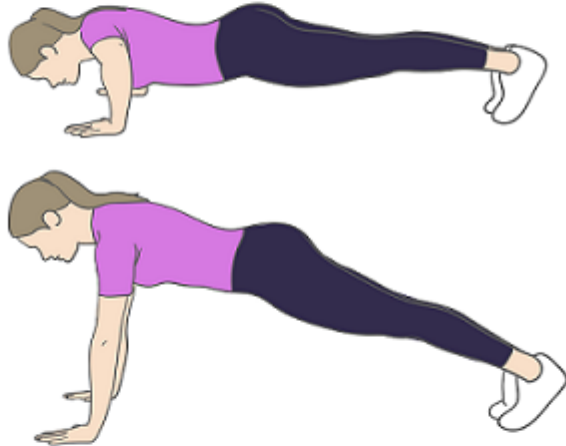
-  Arm Circles – repeat movement in opposite direction
-  Cardio Day – Jump Rope, Hula Hoop, Jog in Place (choose 1, a combination, or all activities)

Special thanks to:



Visit www.healthiergeneration.org 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.

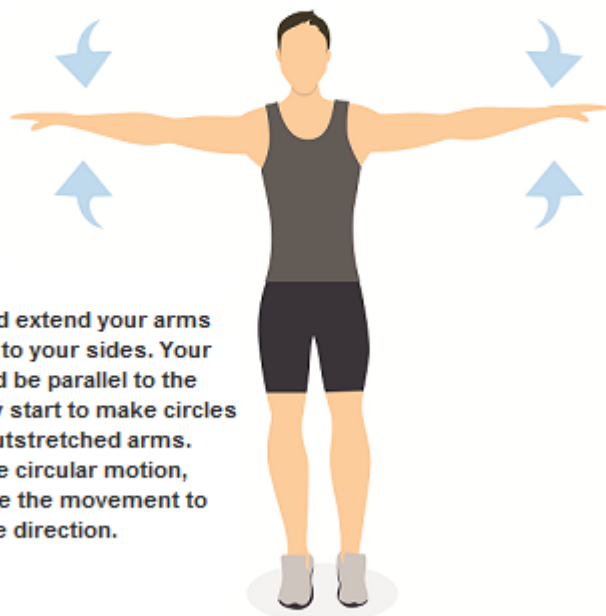
Push-ups can also be done vertically with hands on the walls and legs positioned out behind the body.

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.

