<table>
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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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| **31 Jab, Jab, Cross** | **National Health Observances:**  
  •National Nutrition Month  
  Yoga pictures from www.forteyoga.com | 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! | **1 Grass-Cutters**  
  Practice running backwards. Stay low, and stay on the balls of your feet. | **2 2 Kicks, Tap**  
  Kick one leg forward twice then bend down and tap your toe. Switch to the other side. Repeat 10 times. | **3 Walk Down Superman**  
  Walk your hands down to your feet and out until you’re flat on your stomach then complete a superman. Walk your hands back to your feet & repeat 10 times. | **8 Sugarcane Pose**  
  Hold Sugarcane Pose for 30 seconds on each side. | **9 Step Jumps**  
  Find a step or a bench and jump up and down 10 times. Be careful. Take a break if you need to. |
| **10 Crazy 8’s**  
  8 jumping jacks  
  8 leaps  
  8 frog jumps  
  8 vertical jumps (as high as you can)  
  Repeat 3 times | **11 Between the Knees**  
  Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees. | **12 Happy Baby Pose**  
  Straighten your legs for an added challenge. | **13 Jump!**  
  10 vertical jumps  
  10 broad jumps  
  10 side-to-side jumps | **14 Half Burpees**  
  Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds. | **15 Kick City**  
  10 side kicks  
  10 front kicks  
  10 back kicks  
  Talk about why using | **16 Half Burpees**  
  Start in a push-up position; jump both feet forward into a squatting position and jump back out into pushup position. 10 sets of 10 seconds. | **24 Squat with Kicks**  
  Complete a squat when standing kick one leg forward. Be sure to alternate legs on each squat. Complete 10. | **25 Fitness Intervals**  
  10 squats  
  10 broad jumps  
  10 second sprints  
  10 pushups  
  10 sit-ups | **26 Do this:**  
  -Hop on one leg 30 times, switch legs  
  -Take 10 giant steps  
  -Walk on your knees  
  -Do a silly dance  
  -Sprint for 10 seconds | **27 Set the Menu**  
  Talk with who takes care of you about choosing the dinner menu. Pick items that are healthy and yummy. | **28 Reverse Lunges to Front Kicks**  
  Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace. | **29 Ragdoll Pose**  
  Hold Ragdoll Pose for 30 seconds. Repeat. | **30 Reverse Lunges to Front Kicks**  
  Do a reverse lunge and transition into a front kick with the same leg. 10 then switch. Do at a good pace. |