

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23 Workout: -Air squats 3 x 15 -Decline Push Ups 3 x 15 -Step-ups 3 x 15 (use a step outside, a chair, etc.) -Tuck Jumps 3 x 15 -Bicycle Crunches 40x -Superman 3 x 10 -Crunches 3 x 15	24 HASFIT: HITT workout w/no equipment.	25 Go outside or Find an Ab workout online. Go for a walk, run, play outside, shoot hoops, etc.	26 Yoga: Full Body Flow	27 Olympic Leg Blasters Workout: -10 air squats -10 Alternating Lunges Each Leg -10 Jump Squats -10 Jump Lunges *Repeat for 5 rounds* <i>(modified version is 5 reps of each exercise)</i>	28
29	30 Download App: Fitbod (it's free) Use this app to create your own workout. <i>*There is a no-equipment option. If you need help navigating this app email me.*</i>	31 HASIT: HITT workout w/no equipment	<h1>MARCH 2020</h1>			

Reminders / Notes:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>APRIL 2020</h1>			1 Workout: -Jump Squat 3x10 -Side Lunges 3 x 10 EL -Wall Sit 3x 1 min -Tricep Dips 3 x 10 -Leg Lifts 3 x 20 -Plank Dips 4 x 10 - V Sits 3 x 10 - Plank 2 x 1 min	2 <u>Circuit & Pilates:</u> no equipment needed	3 - <u>Yoga:</u> Stretching	4 -
5	6 Workout: -Burpee 3x15 -Lunge Pulse 3x15 -Incline Push Up 3x10 -Shoulder Taps 3x20 -Mountain Climbers 3 x 20 -Right Side Plank 45secs -Left Side Plank 45secs	7 <u>Kick Boxing:</u> no equipment needed.	8 Workout: -Sumo Air Squat 3x10 -Glute Bridges 3x15 -Alternating Lunges 4x10 -Line Hops side to side 100x -Push-Ups 3x10 -Flutter Kicks 50x -Russian Twists (legs lifted) 50x	9 <u>HASFIT:</u> no equipment needed.	10 Create your own workout: Pick 5-8 exercises and create your own workout.	11
12	13 Workout: -Bulgarian Lunges 3x10 -Calf Raises 40x -Double Lower -Push-Ups 3x8 -Box Jumps (step,	14 <u>Tabata:</u> Interval Training	15 - Late Start Workout: -Ice Skaters 3x10EL -Glute Kickbacks 3 x 10 -Tuck Jumps 2 x20 -Line Jumps	16 <u>Olympic Leg Blasters:</u> (notice if it was easier this time than the 1st time you did it.)	17 <u>Yoga:</u> Stretching	18

	chair, etc.) 3 x 10 - Leg Circles Clockwise 30x Leg Circles Counterclockwise 30x -Mountain Climbers 40x		Forward & Back 100x -Plank Up Downs 3 x 12 -Alternating Toe Touches 50x -Single Leg Drops 3 x 15 EL -Leg Lift Hold 3 x 3			
19 Google Form: Fill out this form after you complete the workout of your choosing.	20 Workout: -The Duper Skater 3x10EL -Yoga Chair Hold 30 secs -Calf Raises 3x15 -Shoulder Taps 3x20 - Sumo Air Squat Kicks 3 x 10 -Run Stance squats: 30 secs - Push Ups 2x10 -Tricep Dips 3 x 10 10 Minute ABs:	21	22 HASFIT: Cardio- no equipment needed	23	24 Zumba Cardio: no equipment needed	25
26 Google Form Fill out this form after you complete the workout of your choosing.	27 Workout: -Squat Jacks 30secs -Twist and Pivot 30secs -Burpees 30 secs -Shuffle (2 shuffles right→ 2 shuffles left) 1 min -Side Lunges 30 secs - Plank Up Downs	28	29 - Cardio HITT: no equipment needed	30	(May 1) Kick Boxing: no equipment needed.	

	-Push-Ups: 11 - Abs: 10 reverse crunches, 10 Russian twists, 10 crunch kicks, 10 raised leg circles (both directions), 10 leg lifts- repeat 3x					
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Reminders / Notes:

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<h1>MAY 2020</h1>					1	2
3 Google Form Fill out this form after you complete the workout of your choosing.	4 Workout: -Curtsey Lunge 3x10EL - Jump Squat 3x10 - Line Jumps Forward& Back 100x -Line Jump Side to Side 100x -Mountain Climbers 50x -Broad Jump→ job back 30x -Burpees 10x -Plank Hold 1 min -Side Plank 1 min	5	6 Challenge Cardio Pilates: no equipment needed (use the modifications if you need them!)	7	8 Hip Hop Cardio	9

	each side					
10 Google Form Fill out this form after you complete the workout of your choosing.	11 Workout: -High Knees 50x -Curtsy Jump 25x -Lunge Pulse 3x10EL -Jumping Jacks 50x -Bicep Curls (use rocks, cans, milk jugs, water bottles) 3x10 - Inchworm 3x10 -Plank Saw 30x Stretch	12	13 Power Vinyasa Yoga: Muskegon Yoga	14	15 Full Power Yoga: Travis Eliot	16
17 Choose to either create your own workout or to find a workout. Send the workout you made or chose to Ms. Van Swol using the google forms.	18 Create your own workout: Choose 10 exercises to create your own workout. Include how many reps and sets of each exercise. *Only 4 exercises can be for abs. Send this workout to Ms. V using the google form. Google Form	19	20 Find a workout video of your choosing to do. Send the link to Ms. Van Swol and say why you liked the workout using the google form. Google Form	21	22 Cardio Run or Walk outside	23
24 Google Form Fill out this form after you complete the workout of your choosing.	25 Workout: - 20 line jumps, 20 Hug Knees Inchworms 20x -Incline Push Up	26	27 HASFITT: Upper Body	28	29 Body Weight Cardio Workout	30

	30secs -Squat hold 30 seconds -Calf Raise Air Squats 30 secs -Scissor Jump Lunges 30 secs - Shoulder Taps 1 Min -Plank Walks 30 secs - Alternating Leg Drops 30 secs -Bicycle Crunches 30 secs -Reverse Crunches 30 secs (repeat 3x)					
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Reminders / Notes:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Google Form</u> Fill out this form after you complete the workout of your choosing.	1 Workout: -Tuck Jumps 30 secs -Butt Kicks 30 secs -Jack Squats 30secs -Side lunges 30 secs	2	3 <u>Lower Body Strength Workout</u>	4	5 Re-do: Pick a workout that you've already done from this calendar that you liked. Send Ms. Van Swol which one you chose.	6

	<ul style="list-style-type: none"> - Bulagarian Lunges 30 secs EL - Double Lower Push Ups 30 secs - Plank Up Downs 30 secs - Plank Saw 30 secs -Alternating Toe touches 30s -V Sits 30 seconds 				There is also a small reflection required.	
7	8 End of the year reflection: Google Form	9	10	<h1>JUNE 2020</h1>		

Reminders / Notes: