

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year!	2
3	4 Hold each split for 1 minute.	5 Do 10 pushups. Can you touch your nose to the ground?	6 Do 10 Lunge-T-Lunges without frog legs.	7 Do 25 jumping jacks as fast as you can!	8 Hold your pike stretch for 10 seconds—2 times.	9 Ask Mom to hold your feet for 10 sit-ups.
10 Hold your flamingo on each leg for 10 seconds.	11 Do 10 tuck jumps—knees to your belly.	12 Can you hold your bridge for 10 seconds?	13 Crab walk around the house today!	14 Stand on your tip toes for 10 sec. No wiggles!	15 Run in place for 1 min. and kick your butt.	16 Show your pet your best cart-wheel.
17 Can you make a straddle sit pancake? Try it!	18 Martin Luther King, Jr. Day	19 Fly like Superman for 10 sec.! Keep arms straight!	20 Knee scale on each leg for 10 seconds. Point those toes!	21 Dance to fun music for two songs without stopping!	22 Walk your feet up a wall to a handstand and hold.	23 Seal stretch. Can you touch your toes to your head?
24 Do 10 bicep curls with Dad holding onto soup cans.	25 Make a toilet paper balance beam and practice your walks.	26 Practice skipping with your knees up super high!	27 Do an extra chore for Mom & Dad!	28 Touch your toes to the floor with straight legs. Hold for 15 sec.	29 5 candlestick, straight jumps. Keep those arms up!	30 Open Gym Food Drive! Ages 6 & up 3-4pm
31 Make up your own gymnastics routine and show someone!	Have Mom or Dad sign in the box for every activity you complete correctly. If you bring in a calendar with every activity completed, you get to pick a prize!					