



# STANTON'S STAY FIT, STAY HEALTHY WORKOUT



## March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Eat fruit	<b>Cardio Day</b> Jog in place for 2 mins x2	<b>Core Day</b> Plank 5x 30secs	<b>Flexibility</b> Pick any stretch and do 3sets 20 seconds	<b>Core Day</b> 2x25 reps of sit-ups	<b>Cardio Day</b> Ride your Bike or go outside	No TV or screen time today
22	23	24	25	26	27	28
Walk with family for 30 minutes	<b>Cardio Day</b> Jump Rope or line jumps	<b>Core Day</b> 3x30sec flutter kicks	<b>Flexibility</b> Pick any stretch and do 3sets 20 seconds	<b>Core Day</b> Plank 5x 30secs	<b>Cardio Day</b> Jog in place for 2 mins x2	Drink 6 glasses of water
29	30	31				
No Sugar for the day	<b>Cardio Day</b> Step up and down on a stair 2 mins x2	<b>Core Day</b> 2x25 reps of sit-ups				

### Fun P.E. Apps

BELOW ARE SOME PHYSICAL EDUCATION APPS THAT YOU CAN CHECK OUT OVER OUR TIME AWAY FROM SCHOOL:

1. <https://www.downdogapp.com/>
2. muscle & motion app
3. Swork-It Kids





# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Flexibility</b> Pick any stretch and do 3 sets 20 seconds	2 <b>Core Day</b> Plank 5x 30 secs	3 <b>Cardio Day</b> Jog in place for 2 mins x2	4 No TV or screen time today
5	6 <b>Cardio Day</b> Jog in place for 3 mins x2	7 <b>Core Day</b> 3x30sec flutter kicks	8 <b>Flexibility</b> Pick any stretch and do 3 sets 20 seconds	9 <b>Core Day</b> 2x25 reps of sit-ups	10 <b>Cardio Day</b> Ride your Bike or go outside	11 Do outside activity with family member
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## More Fun P.E. Apps

BELOW ARE SOME PHYSICAL EDUCATION APPS THAT YOU CAN CHECK OUT OVER OUR TIME AWAY FROM SCHOOL.

1. J&J Official 7 Minute Workout
2. Skipping Skills
3. Daily Workouts

