| December |  |
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|  | 2022 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | Practice boxing punches, while holding a sumo squat, for 30 seconds. Repeat three times. | Family Plank Challenge: Give each other high-fives while holding a plank for one minute. | Go ice-skating. |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Scavenger Hunt: Duck walk to find items in your house for every color of the rainbow. | All family members choose an animal that lives in snow. Pretend to act like that animal. | 360 degree jumps ten times. | Practice juggling one, two, or three small objects (scarves, stuffed animals, tennis balls) | Bottom Kickers for two minutes. Rest and complete a second round. | Play a family game of Simon Says with movement phrases. | Make shapes on the floor with objects or tape. Jump five times on each shape and identify them. |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| Wall Sit while naming ten items in each category: zoo animals, vehicles, sports, careers, songs | Tricep Dips (Crabs) – Complete 25 | For one minute, lay on your back and peddle your legs as if you are riding a bike. | Balance on one foot. Reach down and touch your toe ten times while balancing. Switch feet. | Pretend to float around the house like a snowflake. Float high, low, slow, and fast. | Commercial Exercises – Watch a TV show. Complete side lunges during commercials. | Identify your abdominal muscles. Complete three exercises that help your abs. 30 reps each. |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Bundle up and go for a cool walk outside to enjoy some fresh air. | SNOW BALL FIGHT – go outside if there is snow. If no snow, crumble up paper to use as snow. | Side Plank Challenge – Who can hold the longest side plank on their right? Try on your left side too. | Add all of your family’s birth dates together. Complete that many mountain climbers. | Get a good night’s sleep. Santa cannot come if you are awake! | Hold the bridge lift pose for two minutes | Lunge Challenge: Lunge backwards while counting by twos until you reach one hundred. |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Be thankful and enjoy your time with family. | Toss an object with your family. How many times can you toss it without it touching the ground? | Play “Copy Me” with a rolled up pair of socks. Throw socks in air and do trick. Everyone copies. | Cardio Burst – 30 Jumping Jacks, 30 Mountain Climbers, 10 Burpees. Rest. Repeat | Locate your biceps and triceps. Complete two exercises that work these muscles. | Dance party – find one fast song and one slow song. Dance to the speeds of the songs. | New Year’s Eve – Last day of 2021 – Hold a plank for 2 minutes and 21 seconds. |
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