**Move through April - Fitness Calendar**

**Directions: Spell the word on each day of the calendar using the alphabet exercises below. ☺**

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| A = 10 Jumping Jacks | N = Crab Walk for 30 seconds |
| B = 10 Squats | O = 10 wall/table push-ups |
| C = 10 Lunges | P = Skip 5 times  |
| D = 10 Mountain Climbers | Q = Hop with left foot 10 times |
| E = 10 ABC Push-ups | R = Hop with right foot 10 times |
| F = 10 Curl-ups | S = do a plank for 30 seconds |
| G = Jog in place for 60 for seconds | T = 10 Power Jumps |
| H = Jump Rope 30 for seconds (use imaginary if you don’t have one) | U = 10 ABC push-ups |
| I = Bear Crawl for 30 seconds  | V = bear crawl for 30 seconds |
| J = Jump up 5 times and reach for the ceiling | W = 5 burpees |
| K = 5 Squat Jumps  | X = 5 curl ups |
| L = Balance on right foot for 30 seconds | Y = Touch your shoulders then raise your hands up and touch your shoulder 10 times |
| M = Balance on left foot for 30 seconds | Z = Push-up hold 30 seconds |

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  | **1****April** | **2** | **3** | **4** |
| **5** | **6****Track and Field** | **7****Champion** | **8****Eye of the Tiger** | **9****Hockey** | **10****Soccer** | **11****Basketball** |
| **12** | **13****Tik Tok** | **14****Volleyball** | **15****Football** | **16****Biceps** | **17****I’m Awesome** | **18****Respectful ☺** |
| **19** | **20****Kind** | **21****I am Somebody** | **22****I Matter** | **23****I Can Do All Things** | **24****Pickle ball** | **25****Tennis** |
| **26** | **27****Olympics** | **28****Lakers** | **29****Clippers** | **30****Warriors** |  |  |