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| August |
| 2020 |
| **Coach Luckett’s Fitness Calendar** |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  | 17 | 18 | 19 | 20 | 21 | 22 |
|  | Crab walk around room for 1 minute. Bear walk around room for 1 minute | Jog in place for 1 minute, do 10 pushups, jog in place for 1 more minute | Do sit-ups for 1 minute. How many can you do? | Power jumps—squat like a frog and explode straight up for 1 minute. Repeat 3x | What’s in Your Name Activity   1. First Name 2. Middle Name 3. Last Name 4. Full Name   Refer to attached document | You Choose |
|  | 24 | 25 | 26 | 27 | 28 | 29 |
|  | Rear leg lifts—on hands and knees, alternate kicking leg back and up Do 10 on each side. Repeat 5x | Go in the hall and do wall-sits. Hold as long as you can. Repeat 3 times | 50 jumping jacks. Repeat throughout day | Jog around your house as many times as you can. Try beating your record | Leg lifts—lay on your side and lift your top leg 10 times. Repeat on other side. Do 5 times | You Choose |
|  | 31 | 1 | 2 | 3 | 4 | 5 |
|  | V-sit—stretch legs out in front of you, off ground. Put your arms up so your body is like a V. Hold as long as you can | Use a laundry basket and practice tossing and throwing objects into it | Dance to three of your favorite songs | Run in place as fast as you can for 30 seconds. Repeat throughout day |  |  |
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